

Grass Roots

Craft and self-sufficiency

For down to earth people

Hay

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New Zealand Edition

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Xmas Gifts

•
Safe
Garden Sprays

•
Rouen Ducks

•
Luffa Gourds

•
Simple
Hot Water Systems

•
Homemade Dryers



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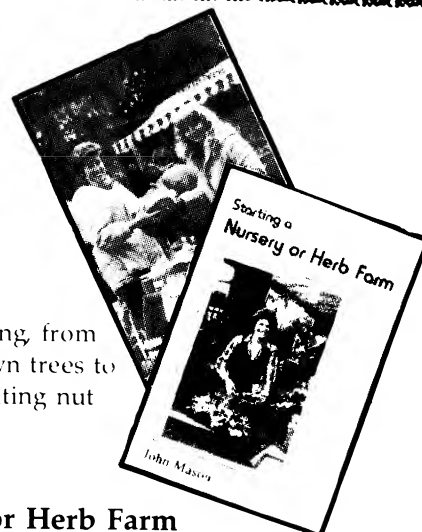
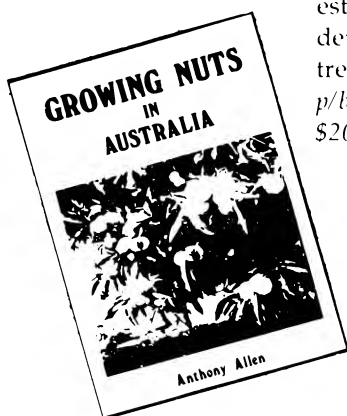
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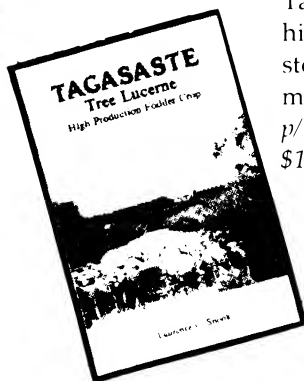
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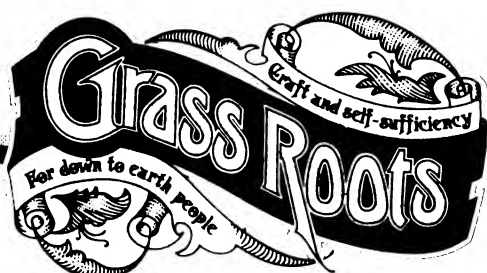
Arthur Cannon

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Front Cover: One of the healthy young Angora kids at 'ONTOS', Buchan held by Neal and young Antoine. This alternative lifestyle community was built on a dream 14 years ago and is a credit to the many dedicated people who have contributed to its development and success. It features organic gardens, orchards, Angora goat stud, dairy, alternative power generation and broad scale farming as well as being set up to accommodate guests and visitors. See page 21 for Neal's ONTOS story.

Back Cover: You don't need a lot of space to enjoy the pleasure of growing your own herbs and vegies, you can use tubs on your balcony or at your back door, as our determined gardener shows here (see page 41) and a story about a family committed to making the old varieties of seed available to all (page 53).

Distributed by Gordon and Gotch.

Feedback Link-Up Feedback

Dear Gang,

The usual story – read on and off for years and have never written, though have contacted some feedbackers from time to time – my only gripe is that this mag isn't monthly! On to serious issues – I ask if anyone knows of LLAMAS – yes, those odd Sth American natives. I believe that someone is breeding them in Victoria and doing well. Am considering joining my parents in Tassy (SE) and wonder if their small holding (7 ac) could be tolerated, climatically, by these beasts, for commercial gain and to subsidise their retirement. Also any info on SCOTTISH HIGHLAND CATTLE would be much appreciated – to a similar end.

**M G Lloyd
195 Nelson St
ANNANDALE 2038.**

Dear GR,

Many thanks for this magazine. I've received wonderful letters from grassrooters – husband and wife, mothers alone, helpful gents, also eligible gents (what luck!). Thank you new friends for taking time from your busy day to contact (each will be answered).

To me *Grass Roots* is a nice way of conversing, communicating, generally being in touch even though far away. People alone enjoy hearing from others – perhaps a mate could be found, a travelling partner, a genuine friend to visit or invite – so don't be afraid to write, there are lots of people who really care and need personal contact.

Information gained through *Grass Roots* magazine has been so very helpful to me. Bouquets to Francoise (GR 72, p. 80) towards seminars, art craft shows, save the kangaroo/seals, save abused children – this mag is so widely read (over and over and over) that one could never forget exciting dates.

What about a GR tour or safari – any ideas for such an adventure? We could have our own GR seminar where all could meet – all grassrooters are not sad as some letters tell. Let us meet, sing it loud, sing it clear that people are caring, happy, sharing, most intelligent, most do their own favourite thing, understand and love it.

**Joy
PO Box 639
REDCLIFFE 4020.**



Edited by Megg Miller and Kath Harper.

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Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of *Grass Roots*. All contributions of articles and photos are welcome.

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Dear Readers,

It's so nice to read *Grass Roots*, which I have been reading for as long as it has been available. A few years back, my hubby and I had a small farm in northern Qld. We grew our own vegies, milked goats and generally had a good life. But, unfortunately it all came to an end 4 years ago, when my husband was killed in an accident. Nothing seemed worthwhile at the time so I sold the place and opted for a different lifestyle. I probably did the right thing, at the time, as you can't live in memories. But I have always found myself drawn back to the old lifestyle and have decided to do something about it. I am now living in a nicely fitted out mobile bus and have been doing a bit of travelling around. This has been very nice so far but as I want to stay put for a few months (I'm working on a book) I'm looking for some-place to stay where I can LIVE IN MY BUS and work in return for my little space. I'm 48 years old, healthy and easy to get along with. I love gardening and anything to do with animals. I also have in tow a lovable, sleepy, well behaved dog. He is quite used to being restrained, living in parks of course. I walk him regularly. Hope someone is able to help me but if not I'd like to hear from anyone, either sex, who would like to make contact.

I really would like to get to know people with similar interests, which are sharing of exciting, wonderful and sometimes strange experiences that we encounter during life. I love listening so write away. Receiving a letter from someone on the same wavelength makes life worthwhile.

Love and happiness to all.

**Denise Goldsmith
C/- PO
MURWILLUMBAH 2484.**

Dear GR Readers,

With regards to Sylvia Rendalls' request for TREATING COFFEE BEANS (GR 73, p. 6), write to the Sandy Trout Food Preservation Research Laboratory at 19 Hercules St, Hamilton, Brisbane 4007. The laboratory is a part of the Dept of Primary Industries, and have supplied free to me leaflets on the treatment of coffee beans at home and also leaflets on the preservation and processing of ginger. This leaflet also mentions other fruits that can be preserved at home by the same method used for ginger.

**C van der Lelie
54 Charles St
TOOGOLAWAH 4313.**

Dear Readers,

We are greenies from way back, built our own pole-house and have a simple living style. Our combined knowledge includes electrical, electronic, computer, building and gardening knowledge, plus we have energy to spare (we like getting tired!).

Having read *Grass Roots* for as many years as we can remember, and having read about all the deprivations and successes of our brothers and sisters in spirit, we are now ready to make the plunge, and move to a selection. We would like to buy a small block of land in the area east of ARMIDALE/TENTERFIELD, where we can enjoy some native vegetation and grow vegetables. Could anyone help us with information about this or maybe send us a copy of the local rag?

To Louisa Vale of Toora North: on a recent ABC-TV documentary we learned that the commercial sunblock creams, although they reduce sunburn, are not effective in stopping UV rays damaging the skin cells. With the threat of the ozone hole opening up again, research is being intensified into SUNBLOCK DEVICES. Marine research in Australia has shown a substance secreted by corals to be a very effective UV screen. Let's hope that our coral reef is not going to be mined for this but that the substance can be synthesised from other materials. Till then it seems to be hats and long sleeves!

Thanks to Megg and Kath for our number 1 magazine and a big embrace to all the lovely people reading and writing it.

**Bryan and Jayne de Pree
PO Box 8
FOREST RANGE 5139.**

Feedback Link-Up Feedback

Dear David and Megg,

Thanks for the great magazine. It's good to know others have the same problems and hopes for a better future. I hope the following will help any fellow migraine sufferers.

Up until 12 months ago I had been suffering from MIGRAINES of increasing frequency and severity destroying my peace of mind and making it very difficult to cope with anything. I sought help from doctors whose only answer was medication of increasing strength and analgesics which made me feel worse, though the specialists did eliminate the possibility of nasties like brain tumour. However, in a brief migraine free day I sat down and thought about the whole thing, looked carefully at the analgesics which were making me feel worse and discovered they all had caffeine in them. I had already cut out coffee about three years before – so I then cut out tea and chocolate. Oh bliss – migraine free days became more frequent. I got caught once by chocolate wave icecream made with real chocolate – chocolate flavouring is OK. I have now discovered that I can't tolerate citrus fruit or juice – very sad as I have a small orchard of many varieties of citrus. But oh the bliss of being migraine free. By the way I threw the medications away eventually, though I took myself off them slowly as I believe that in some cases sudden withdrawals of prescribed medications can be harmful.

Life has new meaning and my daughter has a happy mum instead of a cranky one! I hope these thoughts help other migraine sufferers. Peace and love to all.

**Elizabeth Rosenberg
PO Box 135
BROOME 6725.**

Dear Readers,

It's interesting to see more people every day attempting to become self-sufficient in certain areas. All these people deserve praise as being different and independent in a materialistic, money orientated society is difficult, but definitely rewarding.

How many people would classify themselves as self-sufficient in any of the three: food, clothing and shelter? It is not easy, particularly in regards to the latter two, while still maintaining your credibility within this society. It appears that you can be self-sufficient in respect to food, i.e. 100 percent of food intake, if you go right back to how God initially said we were to eat, that is to live primarily on the fruits of the land. Sure people will see you as weird if you LIVE ON FRUIT but will realise in time that you are a healthier, happier and a calmer human being. But, they will probably not accept this truth because it challenges their basic foundations of existence. So where does that lead us? Is it not impossible to be totally self-sufficient in regards to all three – food, clothing and shelter – unless we live in only nature's surroundings away from the adverse dogma of society? Is that the paradise God speaks of?

Logically speaking it appears impossible to be self-sufficient while still being an integral part of this society. Do we then throw in the towel, or do we go instead to the beautiful lush green fragrant orchard and pick some juicy mangos, lychees or maybe some casimiroas, black sapotes, grumichamas, jaboticabas or whatever else the sunlight and trees has produced for man to subsist upon? Well I will leave you with the thought that we must do what makes us happy in spirit, mind and body and thank God that the choice is ours. Just to quote someone famous . . . 'There must be more to life than increasing its speed'.

**Ambarella
C/- PO Box 912
MAROOCHYDORE 4558.**

Dear GR Readers,

This is the first time I have ever written to your impressive magazine, although I am an avid reader. My husband and I are keen followers of the alternative lifestyle, although it will be quite some time yet before we make it onto our own little piece of Australia. I am writing with a few requests in the hope that someone may be able to help me. What I am trying to do is make our lives a little less commercial in regards to the products that we use.

Firstly, has anyone a tried and true SOAP RECIPE? There are so many around that it would be uneconomical to try them all, as well as being a terrible waste. What I am after are a few different types of

soap, firstly, one for everyday use as a bath soap, one for removing the grease and grime from my husband's hands, one for use on my young son's skin and, finally one with a perfume that can be made and given away for gifts. I would also like to know if there are any organic cleaners available for use on things such as the oven, bath, handbasin and such.

Secondly, I am just learning to master the art of home spinning and would appreciate it if someone has a good PATTERN FOR KNITTING. I am after a man's vest, cardigan and jumper pattern, as well as any for ladies and any for children from about size 2. Something else is dyes. I have quite a few ideas and books on the subject but any new discoveries you may have had would be great.

Finally, I have a request for something I know virtually nothing about and that is sprays. We have a terrible snail problem, and I thought there was an article in a *Grass Roots* but am unable to find it as I have lent some of my magazines out and the persons have failed to return them or they have been destroyed in one way or another. We also have a small selection of fruit trees in our yard but the fruit from last season was destroyed by caterpillars, bugs and some forms of mould before we moved in. I would like some SPRAYS for next year but do not wish to use commercial ones if it can be avoided. We have peach, apple, mandarin and lemon trees as well as a grape vine. Can anyone help me? I also have 2 beautiful rose bushes which the aphids etc are destroying. Any ideas?

From the letters I have read in *Grass Roots* I gather that there are many replies from helpful people, and if I am lucky enough to get a response I hope that you will be patient and await my reply as I will answer all letters that I receive. I hope that someone can help me, and maybe in the future I will be able to help another in return, as there will always be people in my position. All the best to everyone.

**Teena Pitts
26 Commonwealth St
CLIFTON 4361.**

Soap recipes abound in back copies of Grass Roots. The basic techniques are outlined in GR 13, and Marion Boetje's series of articles (GR 66-69) give all the variations you request. Back copies are available for \$3.50 posted from Night Owl Publishers, PO Box 764, Shepparton 3630. Send SAE for detailed brochure.

Dear GR Gang,

Our turn to share something of interest with you all. Due to allergies in our family nobody but myself consumes cows milk. Our youngest child, Craig 16½ mths, has had a hard time growing and so for the first year we were at the paediatricians every month or so. On one such visit the topic of GOATS MILK came up. The doctor was very concerned when I told him we bought the milk, cheese and yoghurt. He said the medical profession is very concerned about commercially produced goats milk. Apparently there are almost no standards or guidelines set for this area – even compared to the so called standards in the dairy industry. There are, apparently, large amounts of hormones fed to these animals which is not illegal. Doctors are currently concerned about any side effects especially in young children and babies who use goats milk instead of cows milk. By the way, this doctor is pretty good, open to a few suggestions here and there.

He said that he agrees that in all probability most commercial goats milk is fine, but there have to be slack operators. The fact that it is legal to sell goats milk directly from home on the roadside makes it impossible to control it the same as the dairy industry. Apparently the medical profession is concerned because some producers are injecting their goats with varying amounts of oestrogen in order to substantially increase milk production. It is the percentage of this additional hormone going into the milk that is causing their concern.

**Bev Donellan
37 Ludwig Sq
BIDWELL 2770.**

We contacted the Dairy Goat Society of Australia to check these concerns, and were assured that all goats milk sold for human consumption is required to be pasteurised, though some 'backyarders' may not do so. The DGSA is unaware of any use of oestrogen to stimulate milk production, as the slight increase in production would not be worth the effort and expense. Standards may vary from state to state, but the main principles should apply throughout Australia.

Feedback Link-Up Feedback

Dear Grass Roots,

In reply to Antoinette Shanahan (GR 72): some suggested reading as far as ANTI IMMUNISATION goes is a book called *I Had No Say* by Sister Joyce Lubke. Health food stores usually have it, distributed by True Health Aids Pty Ltd, 55 Glebe Point Rd, Glebe 2037, published by J C Lubke, PO Box 2, Bringelly 2171. In regards to ASTHMA this particular woman has a huge drug free success rate. If she was contacted she may have someone in Victoria she could recommend: Nina Marzi, 18 Kembla Street, Wollongong 2500. Please keep up the good work. Your magazine is the best.

**Sue
NSW.**

Dear Grass Rooters,

I recently subscribed to *Grass Roots* and have a couple of answers to some questions.

R Richards (GR 68): BEEF JERKY – cut strips of raw beef and dry in sun (hanging) or in oven on very low heat overnight.

Sue Wain (GR 69): to DETER CATS AND DOGS from the garden sprinkle naphthalene flakes round the border.

Bette Wicks (GR 69): NICHOLAS CULPEPER was born 1616 and died 1654. The book you have would be a reprint. Read John Seymour's *Gardeners Delight* for more info – ISBN 0 7181 1740 9.

Della Gillan (GR 70): DOG TICKS AND FLEAS – I read somewhere that brewers yeast rubbed into the hair gets rid of them.

Julie Curtain (GR 70): NEVER USE SOAP on your body or in your hair. Use sorboline with 10 percent glycerine, add a couple of drops of tea tree oil if you wish (according to a skin specialist).

Well that's all I seem to know, now we are thinking of buying a place to be self-sufficient around MACKAY AREA (doesn't have to be close to town). Could anyone give us an idea of prices of land with/without home up there? We are nearly 50 and determined to have a go.

I wonder if Doug Mitchell, his wife Betty and kids read this magazine? He left Elwood for Tassy a long time ago. If so drop us a line mate. People shouldn't let their friends disappear so easily. Keep up the good work.

**Terry Tranter
14 Eurimbla Ave
RANDWICK 2031.**

Dear GR Readers,

I recently attended the 'Pioneer Skills Festival' at Yarra Glen. My family and I really enjoyed this fabulous day. We saw many skills which are sadly dying out. It was good for the children to see how the pioneers made their wares and how they lived. We will certainly be going again next year. While there I saw a bottle of ROSE VINEGAR – could any reader kindly let me know how to make this and what it is used for.

Also I know there have been many requests in past issues for SOAP WITHOUT ANIMAL FATS, but I can't find one in the few copies I own. I would love a recipe for this also.

I value my copies of *Grass Roots*. To me they are second in importance to my Bible as far as reading matter goes. Keep up the good work.

**Barbara Hayes
6 Bluegum Dve
HEALESVILLE 3777.**

Dear GR Readers,

I had not bought a *Grass Roots* magazine for maybe a year and decided to purchase one last week. The standard and quality has not dropped and I thoroughly enjoyed every bit of it. Well done to the contributors of this informative magazine.

To Bambi who wrote in GR 73 about PLANTING WITH THE MOON phases, she may be able to purchase an astrological calendar and moon planting guide for the price of \$5 (post free) from Thomas Zimmer, Mt Cougal Road, Tallebudgera Valley 4228. I have had great success by following this guide to planting by the moon. Keep up the positive thoughts.

**Pauline Braumann
103 Waterfall Gully Rd
ROSEBUD 3939.**

Dear Grass Roots People,

My name is Peter and I am replying to Sue (GR 73), re your request for information on alternative accommodation, and to others who may be interested. Well for me the ideal set up is MOBILE LIVING and preferably in a twenty foot bus, and the reason for that is one can park it just about anywhere which allows you to participate in things from beaches, libraries, museums, visiting relatives, mountain rainforests, the best parking, because you arrive the night before, plus the option of staying a few days. I often go to Brisbane to the library etc and each morning just put my dollar coin in the meter. When I was working it was just a matter of parking near the job, I was never late for work.

Now in regard to such a marvellous vehicle that allows you unlimited living I was fortunate to acquire an eight by twenty foot four cylinder diesel and set it up with the sink, shower, fridge on the kerbside, (sinkwater can then be let go down the stormwater drain from your holding tank), leaving the other side for seats, bookstand, table. The bed takes up the back of the vehicle with windows all around so when you wake in the morning it's only necessary to lie back and drink in the surrounding scenery, but the head must be on the driving side, this works out better when you're parked in the street as you know the road falls away in that direction.

It is possible to stop just about anywhere in a town, shower, cook and then go shopping even if it's in the main street, if you're ever requested to move, you just say OK and thank you, really the only people that can legally move you are the police and the situation has to be pretty rough for them to intervene. Mobile accommodation unit living allows people to save for that block of ground much quicker, and then they can go into another phase of improving their lifestyle to a degree of always having somewhere to come back to, a sort of base. It need only consist of a shed where you keep some tools, to work the vegie garden, a sewing machine etc – nothing too expensive because of the vandals that will break in while you're enjoying yourself in this great land. Many more questions such as kids, toilet, how to fix fridge so it's easy to level, and 240V power etc . . . Write to me.

**Peter Johnson
38 Bourton Rd
MERRIMAC 4213.**

Dear Megg and David,

You published a letter from me in GR 74, with a recipe for Worcestershire sauce, and a request for an old contributor to contact me if possible. Unfortunately, her surname was misspelt. You printed BOWEN instead of GOWEN. Her first name is Val. Blessed be.

**Gayle Miels
40 Matchbox Rd
PACIFIC PARK via ROSEDALE 4674.**

Our apologies for the error Gayle, and we hope that you succeed in contacting Val Gowen about your family history.

Dear Readers,

For years I suffered from a most TROUBLESOME SKIN IRRITATION on the forearms, from the wrists to the elbows, the areas most exposed to the sun. I went to three different doctors every one of whom prescribed the same ointment supplied in a large bronze coloured tube but which proved quite ineffective. After having tried all the skin creams and lotions from chemists without success, I became desperate as the itch kept me awake for hours during the night. I took a dash of dairy butter on each of my index fingers, vigorously rubbing it into the affected areas on both arms. The result was miraculous – I got instant relief. For the first time in years I enjoyed an uninterrupted night's sleep. Apart from curing the skin irritation caused by sun exposure, resulting in dry skin, I find that dairy butter is an excellent shield against sun damage (this may not be in the interest of the pharmaceutical profession) but GR people who face sun exposure more frequently and who are financially not in a position to pay the exorbitant prices asked for proprietary sun creams will find this advice invaluable, because it is invisible, easily washes off, and is quite safe – why, you can even eat it!

**Arthur O Sylvester
1 Scott St
BENARKIN 4306.**

Feedback Link-Up Feedback

Dear GR Readers,

First of all thanks to all the staff for a great magazine and also to everyone who writes in with their interesting ideas and articles.

Well I'm writing to ask for a bit of advice. I know there are many people who are turning to natural means of ridding their vegie gardens of pests and weeds rather than use chemicals and artificial pesticides but I'm interested in using natural means on a large commercial scale. I know of a few brews one can mix up in the home to use on the average size home vegie plot but when it comes to large scale commercial size farming, the means are beyond economics in time consumption, expense and availability of necessary products.

If anyone has any knowledge or experience of NATURAL PESTICIDES USEFUL ON LARGE ACREAGES or of companion planting to achieve the same results, I would really appreciate anything anyone might be able to tell me. Crops I'm interested in protecting are tomatoes, pumpkins, melons, lettuce, capsicum, eggplant, beans, pawpaws, citrus etc.

While I'm writing I'd like to ask where are all the single women between 25 and 35 in Nth Qld? I have had an ad in *Grass Roots* for the past two issues hoping to correspond or meet one but not a reply have I received. Anyone interested in writing to me? Happy, healthy living to all.

PO Box 232
MAREEBA 4880.

Dear GR Readers,

This is our first letter to you all and we'd like to thank everyone concerned for such a great magazine.

My husband and I have recently bought a 53 acre block here at Agnes Waters, Qld. For anyone looking for an area not too far from the ocean this is an ideal place, with reasonable prices, but you'd better be quick as it's taking off and going places. Our land is fairly hilly and in some spots quite rocky (not all land is like this, but we like it). We are thinking of building a rock house but our problem is lack of knowledge. Anyone having built a ROCK HOUSE before or just starting we'd welcome any information on do's and don'ts. Also we have NO MAINS POWER and doubt we ever will as we'd rather live without bills. Anyone with practical ideas for washing machines, heating (internal and water) – all would be extremely welcome.

We live where SANDFLIES are a bit of a problem like most coastal areas. Recently received a tried and true recipe for keeping them at bay. Mix equal parts of Dettol, baby oil and cloudy ammonia (a smaller amount of last is acceptable as it tends to have very overpowering odour). As with anything it will work but I have found a way to make all these types of things effective and that is to rotate them on a weekly basis. One week one thing the next another for about 3 weeks and then back to the original. By doing this it reduces the problem of building up resistance.

All correspondence will be answered and thanks also to those who have sent in termite precautions, many will be tried. Take care.

Fiona & Peter Baker
C/- Agnes Waters C/P
Via MIRIAM VALE 4677.

Dear Grass Roots,

Thank you for a great magazine. It never fails to put me on the right track again when mortgage rates, bills and lousy neighbours get depressing.

Can anyone help me? We have acquired a very old treadle sewing machine. The timber cabinet is in poor condition. It is very dry and the timber is peeling and cracking, but not damaged. We have been told to sand it lightly then use linseed oil. Is this right or does someone have a good 'recipe' for FEEDING OLD WOOD such as this?

Have any of you had any experience with the DEXTER breed of cattle (miniature)? What is the minimum land needed for 1 house cow? We only have 1/3 of an acre spare for this purpose so how much supplementary feeding is required? We are glad we made the break to our 1 acre (plus unfinished house). Our fruit trees are OK, we had a good crop of vegies earlier this year and our gardens are coming along very well. Next come the chooks, when the run is finished.

How do other GR people cope with environmentally disastrous neighbours? Some of ours (not all thank goodness) are trying to bring suburbia to our rural area. They mow continuously – so often in fact that there is no difference between mowed and unmowed grass. They cut down trees then burn the green timber day after day, along with incinerators! They also use copious quantities of pesticides and fertilisers on their vegies. Anyway, enough whingeing – at least reading *Grass Roots* we know we are not alone. Best wishes to all.

Gayle and Ken Warren
M/S 956 Landershute Rd
PALMWOODS 4555.

Dear Megg and the 'Gang',

Thanks again for such a great magazine. For years it has stopped me from being homesick. The last two years have been a very confusing time for me but I have finally settled all my problems (except going home to NSW). Earlier this year I decided as I have a lot of time to myself I had better do something for others, so I have started a SELF HELP SUPPORT GROUP. It's really a 'borrow a best friend'. Our members are available 24 hours and are happy to do almost anything asked of us or just sit and listen. Listening is becoming a lost art in today's society and it's amazing how many people just need to be heard. I'm still doing foster care for the welfare department and that's another great need in Australia. I feel deeply for the lost and hungry in other countries but I know there is a great need here for homes for 'lost' kids. I'd love to have a large farm somewhere I could teach just a few how to live normally and maybe learn to trust/love someone. It's a tall order but another need.

I've found my own family again after many years and have found out the history of my father's lineage. That has been a great feeling and I am enjoying family again. I'd like to hear from anyone living in the NYMBOIDA AREA who knows the history of the area or is just living there. My father's mother came from that area and I would like to know about them, her family, and the area they came from.

I also want to add a bit to the dilemma of pen pals. I love to have pen pals but have found most replies want an instant relationship. I wouldn't mind a lasting relationship but not an instant thing. I love people and to hear how they live or where. Writing is not a hardship but a joy. Hello to all not so well and housebound folk. Best wishes all.

Lyn Tranter
18 Grevillea St
RENMARK 5341.

Dear Fellow Readers,

For some time now, we have been putting our ideas together to formulate a concept for FUTURE COMMUNITY, some 3-4 years down the track. Having known the best and perhaps the least desirable structure for peaceful living-together of four to six families we have found it important to know each other very well prior to embarking on a joint venture which in most instances means a complete change of lifestyle and environment.

We are a couple in our thirties seeking likeminded couples and families with a view to setting up a community based preferably in the Mackay/Whitsunday region or the Atherton tablelands around Yungaburra, Tolga or environs though we are ready to listen to suggestions of more suitable locations. Striving for a relative degree of self-sufficiency should be the prime aim hence horticulture and agriculture will occupy the bulk of the working day. The community should be open to Christian ideas without pursuit of any religion streaming with zeal or fanaticism. The group title should be large enough to allow for areas for recreation like areas for children, areas for sport and perhaps even a portion of land set aside for a number of horses. To ensure the success of the future project, skills in farming, education, building, medicine, horticulture and engineering would be needed, so letters would be welcome from individuals from those backgrounds. Please, drop us a line if you are planning a similar lifestyle. Our thoughts are with those who have found their peace.

Gunther & Heidi Wald
C/- PO Box 210
MOUNT PLEASANT 4740.

Feedback Link-Up Feedback

Dear Grass Roots,

We are trying to get a GUEST HOUSE started on an island off the Milne Bay Coast in Papua New Guinea. It will be run by the local women's association. This is one of the most beautiful areas in the world, but we need some help and advice. Firstly, any recipes using basic local ingredients would be appreciated: that is, taro, yam, coconut, breadfruit, fish, bearing in mind that nothing is available except these local products. Secondly, we do have electrical power for about five hours every day. What would your readers recommend about boosting the power supply so that we can run a freezer for fish? Is there some sort of battery system whereby we can store power while it is being generated and use it when the power station is not working; is there some alternative system? All suggestions would be gladly welcomed. Thirdly, what sort of bio-degradable toilet system is available? What would you recommend for a simple toilet system? We would really appreciate all suggestions.

**Bron Larner
Esa'Ala Womens Association,
Milne Bay Province
PAPUA NEW GUINEA.**

Dear Grass Roots,

Does anyone have a recipe for HOMEMADE MARMITE? My grandmother made it for us many years ago but nobody has the recipe any longer. I remember it being made in a double boiler, and only that it had yeast in it and Parisian essence was used to give the darker colour of 'bought' yeast extracts.

I notice you often have folk write in to find a remedy to rid them of WARTS. If they see a homoeopath, or naturopath who uses homoeopathy there is a remedy named 'thuja' which is used internally with great effect. According to my naturopath, a lot of warts in children, especially when around the face and mouth, are attributed to adverse effects of common children's vaccinations, and especially seem to occur after the pre-school booster vaccinations. They respond very well to homoeopathic remedies.

**Judy
4 Florence St
GLEN IRIS 3146.**

Dear Megg and Kath,

For the benefit of those who are paying crippling INTEREST ON HOME LOANS, the tip given by Janine Haynes of the Australian Democrats is that people should swap homes e.g. I rent my home to you and you rent your home to me. We then become each other's landlords and as such can claim on interest rates, depreciation on furnishings, maintenance, repairs etc as tax deductions . . . cute eh! Might help some people who happened to cough or sneeze while this gem of a tip was being broadcast at the speed of lightning and never to be repeated. Love and peace to all.

**Peggy McIntosh
7 Clark Rd
BULGA 2330.**

Dear Grass Roots Readers,

Like many readers before me, I never thought I'd finally see the day that our 'dream' of escaping suburbia would be realised. After years of planning, plotting, saving and doing-up our small weatherboard cottage in Sydney's western suburbs, we - Stuart, Tracey and Ashley (7 months) - have made the great leap forward and purchased a house (cedar, 80% complete) on 8³/₄ acres at Rosebank in Nth NSW. Moving is a wretched experience at the best of times, but moving about 1000 kilometres with two dogs and a baby in the pouring rain is a very stressful situation, especially when the removalists don't turn up ('sorry, we forgot to book you in for today') and at the other end we had to get a tractor to tow the removal van up our long, winding, muddy driveway. It's amazing how these inconveniences fade into insignificance when you wake up to your own little piece of paradise with views of rainforests, rolling green hills and a magnificent creek.

Now begins the task of taming our environment - or at least making it possible to get from our car to the front door without wading through red mud (our first purchase was a pair of gumboots!). After two weeks I've planted pumpkins, chokos, spinach, tomatoes, capsicums, avocados, palms and other assorted fruit trees. We plan to

build a hen house soon and look forward to having free range eggs. Stuart is a horticulturalist and has been lucky enough to get a job managing an organic nursery at Byron Bay.

I feel as though a dream really has come true. Many a time we have read of the triumphs (and tribulations) of other GR folk and would sigh and say to each other 'one day . . .'. To those of you with a dream of 'something better' - hold on to your dreams and don't lose sight of them and don't be discouraged by the negativity of some ('. . . but you'll be priced out of the Sydney real estate market if you want to move back').

To any GR people in the ROSEBANK AREA we would love to meet you and learn from your experiences in this beautiful area.

**Tracey, Stuart & Ashley Knowland
176 Ridgewood Rd
ROSEBANK 2480.**

Dear Grass Roots,

I moved to the country on 2nd July last year. The area has a high unemployment problem but I was hopeful of finding a 3 day a week job or local work part time to enable me to do the maintenance work needed on my place and earn enough to live on without going on the dole. It's getting close to the wind at times. At present I am employed picking kiwifruit and it will run out this week. Then I will be available for the next opportunity. I live on 1¹/₄ acres (looks a bit more to me) on a hillside with a lovely view. I share the space with two and a bit cats. The bit is a stray whom I don't really want to adopt but can't see starve. Also five sheep, four hens, one duck and one drake and two Chinese quail. The latter were given to me. They had lived in an indoor aviary, so after much slow carpentry work I came up with a house for them, now attached to a small run given to me, and they live outdoors. They appear to like being outside. They are up early in the morning and late at night. One cool autumn night recently, I got a bit worried about them, so at 11.15 p.m. went out to look at them. They were both sitting outside. I've not yet caught them sleeping inside. Perhaps they don't use it. However it keeps their food dry on wet days. These two are male and I'd love to get females, but I'm told the boys will fight quite viciously so I would have to separate them. Another cage and run needed. Maybe one day.

When I am sorted out better (does this ever happen?) I want to get a milking goat. I have a shed that needs a new floor, after digging out and placing concrete blocks under the back corners as it sits on bare ground. The floor is chipboard and the roof run off drips straight down the side of the building as the iron doesn't quite reach the edge of the building. As you can imagine the floor is disappearing. Another shed needs a bit more support underneath it. However I have done a lot since I got here and it's pleasant to know that once the job is done it can be forgotten about while I get on with something else.

I have just built my first gate. I cheated and used pickets as it's for the back yard entrance which comes off a neighbour's drive. The gate looks neat but has yet to be hung. Good fun I suspect.

I hope you can read this. I hadn't intended to write a letter to you yet but when I sat down it just seemed like a good time to do it. Regards to you all. May you all find what you truly desire in life.

**Gwen Williams
Private Bag
Titoki
WHANGAREI NZ.**

Dear Grass Roots,

Congratulations on your magazine, it's truly a good one. My wife and I have only been reading it a short time and are excited to know that there really are like minded people about. We enjoy meditation, cycling, good conversation and a strong interest in conservation. We are New Agers, and enjoy a vegetarian lifestyle. We'd like to hear from and meet like minded people but no religious fanatics please. A link-up of like minds who would like to beautify the planet is a nice thought.

**John and Karyn
PO Box 345
MORNINGSIDE 4170.**

Feedback Link-Up Feedback

Dear GR Folk,

Hello, and I hope you're all well. Firstly, thanks for such a great magazine. My family and friends have read it for years, and now I'm following suit. It has been a long struggle but my family has finally formed our block into a healthy goat stud with blossoming gardens (mostly thanks to the goat manure)! My herbs are going wild, and the elder tree has blossoms and berries galore.

I would be glad to hear from other GR people of all ages (I'm 16), and would be especially thankful for SUGARLESS RECIPES and HOMEMADE COSMETICS, hair and skincare products. I do have some recipes in these areas and would be glad to swap.

Oh yes, we have a real problem with COCKROACHES, can anyone help? Well stay happy and keep up the great work.

**Sheri Olsen
'Little Kalina'
M/S 299 Bucca Rd
BUNDABERG 4670.**

Dear GR Readers,

I've been reading *Grass Roots* on and off for a few years and think it's a wonderful magazine and I congratulate and gratefully thank everyone involved in producing and contributing to it. I was brought up in Sydney and now live in Canberra, but although I'm thoroughly city born and bred I've had a yearning for the land and all things natural for quite a long time. I gather from reading your letters and articles that life on the land, though not easy, can be tremendously fulfilling and rewarding. Despite its hardships everything I read makes me long for it even more. I hope one day to settle down and build a house and grow vegies somewhere in this big beautiful country, but having lived in the city all my life I've no idea where I want to live. I'm 24 years old and feel I've got a few years to make this big decision, so when I finish uni this year (hopefully) I'm thinking of travelling AROUND AUSTRALIA and seeing all the places and types of country that I read and hear about so often.

Now comes the crazy part. When I say travel I actually mean ON HORSEBACK, at least for a major part of the way. The National Trail, from Cooktown in Qld to Healesville in Victoria (about 5000 km) is probably going to be my practice run. It should take about a year, but I think that's only if you don't stop and look at anything on the way. So for me it'll probably take a little longer. I sometimes get the urge to drop everything and start on my journey now because I feel I'm trapped in the system and will never get out and fulfill my dreams. When this happens I usually pick up GR 58 and read Jill Redwood's story about her wonderful journey, and then inspiration and hope return.

I was wondering if anyone reading this (male or female) would be interested in joining me for some or all of my travels and if they have any ideas on places to go. I would also love to hear from anyone with practical experience they could pass on to me, or even from anyone who just wants to write to me. I hope everyone's dreams come true.

**Keren
Flat 19
PO Box 2686
CANBERRA 2601.**

Dear GR Readers,

Having just moved to the area and getting our first experience with BORE WATER we have a small problem – hope some of you can help! We pump up to a tank which gravity feeds the house. Occasionally the water is cloudy and sometimes smells very swampy. We were told to add alum to the tank but that made the water a rusty orange colour – not nice. Any suggestions would be appreciated.

I am a compulsive 'taker of courses' and with the nearest TAFE 80 km away I need a correspondence course – that's not too expensive! BEEKEEPING takes my fancy I think. Any advice re colleges and courses available would be great. Regards to all.

**Sharyn Caspar
Box 22
INNOT HOT SPRINGS 4872.**

Hi GR Folk,

This is the first time I have written to this fantastic magazine. I really find it great reading and so very interesting on all sorts of different matters. One thing I have noticed over the months of reading are some good RECIPES FOR LEMONS but not anywhere near enough to use the lemons I've got on my tree. It seems I take one off and three take its place. So what I am after is if your readers are able to help me with all sorts of recipes for laundry, cooking, as medicine, as deodorisers, in fact anything I can do with lemons. All handy hints will be replied to. And may you all find the peace.

**P J Cave
2/178 Minerva Rd
NEWTOWN 3220.**

The recipes in GR 73 should be a good start, but we're sure readers will have lots of other ideas too.

Hello to all Grass Roots People,

We would finally like to say hello and thank everyone for making this great mag. I'm sitting here comfortably in our shed by the fire, feeling guilty – burning all this wood isn't that good is it? But we do try to economise on many activities that are destroying our ozone layer. I'm concerned about the effect we have on our planet but not sure on some steps we should take. We were ready to get the electricity connected but now feel we should take more notice of alternatives. I'd love to see people writing in how they're actually CHANGING FROM MAINSTREAM ENERGIES – the nuts'n bolts of the change-over. Here are some thoughts we've had about hot water systems. There's two good sorts I know of. Michael has made ours with copper pipe in coils inside a 5 gal drum. Underneath we have a gas burner. The water comes from the header tank down a hose and into copper pipe through to shower – hot water. One problem is the fumes from the drum which has paint on the outside – we'll fix that by burning it. Another is used by our friends who do have electricity. They fill the bath and put in an old element, a large one and it heats the water up to the temperature wanted.

Loved the article on 'Looking After Natural Fibres' (GR 73, p. 33) – now all my wood has been polished, looking new and hopefully ready to last forever with this TLC. Our place is feeling like home now, the rain is here, the garden is booming, we've got a roof over our heads and I'm battling on with the house plans – gee they take a lot to do, although the only difference is that a draughtsperson has a good light and a good drawing board. We'll get there though! Happy plans to all.

**Benita & Michael
Lot 10 Vahland Rd
EMU CREEK 3551.**

Dear Megg and Company,

We would like to appeal to you or fellow readers of *Grass Roots* for the address of a chemist in Queensland. This particular chemist has developed a balm or cream using HORSEAPPLE. Does anyone know where we can buy it? It is used for the treatment and healing of superficial SUN CANCERS which we feel is better than getting 'nuked' by nitrogen. Any information would be appreciated.

**Gregory Dalton
PO Box 102
RYDE 2112.**

Dear GR,

There have been a few enquiries about SEALING LEAKING DAMS economically. I don't claim to have the answer, but can make a couple of suggestions. First establish whether the leak is due to a hole caused by water following the path of rotting tree or fern roots. As the water level falls such an outlet will be exposed at the edge, but may need searching for, and can be easily widened then plugged with a mixture of soil and bentonite. If water loss is due to general seepage it may be possible to create a glutinous layer of decaying vegetation on the pond bottom by spreading hay thickly over it. I have read somewhere that ponds on chalk beds in Europe are maintained by such a layer of organic matter.

**P H Edwards
PO Box 85
BATLOW 2730.**

COUNTRY LIFE

LIVING IN A CLOSE KNIT COMMUNITY

People moving to the country generally have a checklist of their requirements, but they often overlook an important factor – the attitudes of the local inhabitants and their ability to accept unfamiliar people and ideas. Newcomers must be prepared to recognise the established values and concerns of the community. Ultimately it's not the practical problems that make or break such a venture, but whether one has the support and assistance of at least a few local people to relieve the isolation and loneliness that colour the long days of hard work. Three GR readers look at how they fared moving from suburbia to a closeknit rural community.

INTEGRATION INTO THE COMMUNITY

by Judy Sims, Windeyer, NSW.

So, you've just moved from the city to a property in the country. What now? How do you go about meeting people, or discovering who does what? Where do you find help, advice or companionship? Having faced this situation personally, I know that it can certainly seem rather daunting – but not impossible.

This is our first taste of country life, a life we had much dreamed of but never really thought we'd seriously achieve. However, after a series of events (that's another story), the time finally seemed right. We took a deep breath, sold our house in Sydney and set off around NSW looking for the 'right place'. After crawling from one real estate office to another we at last settled on a 93 acre property at Windeyer, near Mudgee. It soon became obvious that the nature of the country folk differs from that of city bred people, in the way they react to newcomers. Most will want to know who you are, and you will often find them a close-knit community, full of related kin. Bearing this in mind you must take care, as 'foot in mouth' disease can prove disastrous. One rule to observe when dealing with your new neighbours is never to speak ill of someone local to another local – even if they deserve it. Luckily this didn't happen to us, but we have heard of other such unfortunates. Country towns are like an extended family, gossip abounds, and it is always possible that the person in question is their relative or friend.

Usually we all have one thing in common which is both a talking point and of mutual interest – the land. Country people are interested in what you're doing, whether it's grazing goats or cattle, or growing vegetables or other crops. We had no problems when we moved in, and were surprised and pleased when our first visitors were two local ladies. Unfortunately, the untimely appearance of a brown snake shortened their visit considerably. Of course, if no-one has come forward to investigate, then it is up to you to break the ice.

A good place for 'ice-breaking' is the local pub, even if you don't drink. Most publicans in rural areas have a healthy curiosity about your affairs. They are usually more than willing to impart information on the district and its residents with little prodding, having first received the rundown on your own life since birth. We found ourselves being introduced to fellow drinkers, and made some useful contacts for jobs we needed done on the property. 'No worries,' they'd say. 'Ron here's got a dozer – fix ya a dam in no time at all'. Well 'no time at all' was an exaggeration, unless you don't mind waiting six months for the job to be completed. Above all, country people like to work at their own pace, and when it suits them. Now my husband will happily disappear in the car for the 10 minute

round trip to the pub for some milk, only to return an hour later – once without the milk!

If you are still in need of company, there are other ways to meet people. Keep your eyes open for public meetings. Buy the local newspaper and check any notice boards in your general store or pub. The school P & C group is always interested in new members, with or without children, and for the men, the Volunteer Bushfire Brigade is a must. Some districts have sporting groups or fellowships. These are just a few places where contacts and friends can be made. Our district supports many communities including the Progress Association, which is currently building a hall at the local recreation ground. There are various fund raising events, and a local newsletter from the P & C lets everyone in the area know what is on. People have given up their time and skills towards building the hall, and it's great watching them pull together, working on the site or at functions. Being an active participant in these projects quickly made us feel useful to the community.

Don't be afraid to ask for advice from your new friends, as most people are willing to show off their knowledge. Try to make sure you know a little about the subject before asking. To my husband's bemusement his queries were often answered with, 'Yeh, so what do ya know?' which led to some frustration. So do the answers to the questions 'When can you come over?' – 'Soon', 'How much will it cost?' – 'Depends', or 'How long will it take?' – 'A while'. Patience and a little local knowledge will help you to obtain the information you're seeking –eventually.

If you are constantly asking people to help you, find a way to pay back their kindness, as a one-sided arrangement will wear thin after a while. You will find that the barter system still works well in the country, with most parties quite happy to swap their job skills for yours. This way there is little money actually changing hands. Possible ways of repaying favours could be: loan of some special tools; fresh fruit or produce; firewood cut from your block; or even yourself – to help them with their work. We have successfully traded our eggs for drench, have minded animals in return for having some goats shorn, and have lent our shearing shed out in return for timber posts. The possibilities for bartering are limited only by your imagination.

Buying locally seems to carry weight too. One hour down the road may seem cheaper, but consider the cost in terms of time and travel, as against a local with back up service.

Once you have taken all these steps, and made friends and reliable contacts, don't expect to be totally integrated immedi-

ately. It takes a very long time, and you must come to grips with the fact that the property you paid good money for will never be recognised as your own. It will for ever and a day be referred to as 'The old So and So's property', or 'Whatsisname's place'. Maybe in another two generations (if you last that long) will its true ownership be identified back to you. Don't be disheartened. Country folk are naturally friendly, so use this to

your advantage. Endeavour to venture out and do something, for to become integrated into a society requires your involvement. Don't just stand back and let it pass you by. If you can get out there and take the time to attend meetings, or participate in local events, the chances of being accepted by the community will be greatly enhanced.

GOODBYE CITY LIGHTS, HELLO PEACE!

by Helen Watson, Creswick, Vic.

Imagine living two doors from a bustling retail warehouse with a constant stream of people in and out six days a week; having difficulty backing the car out into a narrow congested street so that in the end you feel you are in training for an obstacle course; having to travel for more than an hour just to get a glimpse of the countryside, then having to face the traffic all the way home. Add to that a hefty mortgage and a feeling of increasing alienation from the materialism which seems to be so much part of city living in Australia and you have a fair idea of the situation we were trying to find an alternative to.

Many Australians have made the move from urban bustle to a more simple and often more self-sufficient lifestyle but all too often those we hear about fit into two categories, the first being the young, enthusiastic and idealistic, ready to put in the hard physical work involved in building their own home, producing materials and food for their needs, and the other group tending more to the older 'retired' group who have put in a long 'working' life and are now enjoying not only their leisure but their accumulated material resources. I realise some people would include a third group – those who buy house and land in the country but then need to work long hours away from home to pay for it, as well as doing the chores associated with small holdings in the country. My personal view is that we need time to enjoy life and I am a bit wary of the 'two job' commitment. I suspect you lose more than you gain.

What about the rest of us, somewhere around 'middle-age' who love the country for its own sake and don't want to change it into a more spacious version of suburbia? Yes, there is a way, for we did it, although like so many choices in life, a lot depends on your priorities.

Joel and I both grew up in the country, but through various circumstances found ourselves living in Melbourne when we met two years ago. We knew we would go back to the country, we just weren't sure of the how and the when. We both found city living had advantages when it came to availability and range of employment and had close friends and family in or near Melbourne. Apart from that, though, we found city living jangling to the spirit, with strong emphasis on conformity, material security and hustle and bustle rather than on seeking inner happiness, living life to the full, being at peace with the natural and manmade world instead of being in constant competition with both.

Several things happened in fairly rapid succession which influenced the how and when of a change in our lives. Last Christmas we spent some time camping at a lovely spot beside Lake Eucumbene in the Snowy Mountains. Somehow it is easier to distinguish the real from the pseudo when life is a bit more basic and on our return to Melbourne we found city living harder than before. Coming back to traffic jams, crowded

shopping centres where we were constantly being told that happiness is owning this item or that, and a physical environment where trees and people have to compete with smog to breathe only heightened our sense of being in the wrong place.

Several months earlier we had strayed upon a town which seemed to sum up much of what we were looking for. It was big enough to have a sense of identity, but not so big that you felt just one of the crowd. It had enough shops and services for everyday needs and was an old gold town which had retained some charm and attractiveness without being overtaken by tourist glitter. It was surrounded by State Forest on three sides and the countryside beyond was a mixture of rolling hills and gentle valleys. As well, it was within reasonable distance of a large centre offering work opportunities.

Our original dream, fuelled by our reading of *Grass Roots* was to buy several acres near a small town and have a house moved onto it. As well as giving us our piece of earth and space around us, it seemed a feasible idea given that we had limited finances but did not feel up to building ourselves. We both feel it is important to keep a balance between the different facets of life, including a need for quiet times and for our own interests, so we were interested in part-time rather than full-time work. They say that man proposes and God disposes – well, in our case the whole process was helped along by an advertisement in a city newspaper for a cottage in Creswick, the town we had discovered earlier. We went, we looked, and we found another house nearby, simple and unpretentious, on a large block, in a quiet area on the edge of town and within our price range. We sold our city house, paid out the mortgage (oh, happy day!) and have now been living here for three months.

What has our move to the country given us? First of all, a sense that we are a part of this earth, and that there is a natural rhythm to life, be it human, animal or plant. Here we are very aware of the seasons, of the sky; we are awakened by birds rather than alarms or the revving of traffic outside the window (though we do get a bit of that all the same). Secondly, we are both much more relaxed. An interesting side effect is that we find we watch very little television, not so much a reflection on the quality of the programs as an indication of a change in us. Thirdly, we are already more healthy. It's great to go walking here, something we both love, because there are places to explore and lots of forest and countryside to walk in – vastly more inviting than even the nicest suburban parks. Fourthly, people talk to you. We have moved into an area where we do not have prior acquaintances but have been struck by the way people say hello, smile and look happy to see you when you meet them. It is a sad day when this is something to remark on!

Last, but not least, there is much more a sense that people are valued for their personal qualities rather than for the sort of house they live in, the sort of job they have, or any of those other peripheral things. I don't mean to imply that the opposites of these things are always true in the city – but it does seem harder to find them in the city.

On the surface of things we may seem pretty conventional, but like several readers who wrote in recently about how they live their alternative to mass consumerism, we feel that we are also doing that in our way. I guess it's another way of acknowledging that our physical, emotional and spiritual

wellbeing require a certain amount of this world's goods, but they in themselves cannot bring happiness, and that there is a measure of peace and happiness within our grasp if we look in the right places.

When I started thinking about writing this, it was partly because of Megg's comment in GR 67 about how people went about achieving their dream, but it was also because we have come across so many people who appear to be stuck in a rut, with that wistful look that says 'I wish . . .'. There are many ways to skin a cat – and there are many ways of living your alternative in life. Good luck with it, whatever it may be.

GOING IT ALONE

by Peter Wilson, Surry Hills, NSW.

I have finally sold my Queensland property, and so you will no longer see the long-running ad in Grassifieds which begins 'Gympie – 57 acres freehold hilly bushland'. I am in the process of buying a house in the city. I found that the ad attracted more enquiries than did comparable ads I placed in other magazines. Two upraised fingers go to the enquirer who nicked off with my solar power equipment while the house was unoccupied. I hope you get a shock off the inverter. Still, theft was a risk I had to take in order to sell the property.

I bought the property in early 1984. Two years earlier I had been pensioned out of the public service after about ten years in Canberra. I spent those two years convalescing at my mother's country house, a little too sick to do anything much. I then learned that I faced a dim future on cortisone therapy unless I could defeat an enormous food allergy problem, so I decided to head for the hills. Having worked hard and saved for many years, I was in the happy position of being able to buy a fair-sized property for cash.

Starting from Sydney, I travelled through northern New South Wales and coastal Queensland as far as Mossman. Cheapest land was, and probably still is, around Mudgee, Coolah, Casino, Stanthorpe, Tara and Kingaroy. I was invited to join a commune on the Atherton Tableland but, being a very self-reliant type, I decided to 'go it alone'. Anyway, I wanted a place reasonably close to a large population centre as I hoped eventually to supplement my pension by tutoring students in mathematics.

I imagined that I would have a lot of spare time . . . just plant a few seeds and watch them grow, no need to mow a lawn . . . Oh yeah? Completing the partly built house took a full year of hard work, most of it without phone, electricity or running water. Instead of a lawn I had a thirty metre (100 ft) firebreak which, once cleared of dense jungle, required brush-cutting every week during the wet season. That took eight hours each time. If I had swapped the brush-cutter for a goat, I would have had to be present every evening of the year to lock it up in a shed safe from prowling dingoes. I found that weeds grew faster than any vegetables I planted, and that keeping under control umpteen thousand established groundsel bushes without chemicals was a real headache. During thunderstorms, I'd have to go outside to clear leaves from the guttering to ensure that my tank received an uninterrupted flow of rainwater, and also to try, with a spade, to prevent 700 m (2300 ft) of dirt driveway from being washed away. I'd have to chop wood for the stove, carry water 100 m (330 ft) uphill from the dam to

my garden, manually pump rainwater up into my header tank, and drive into town for food, mail or a newspaper.

Not that it was all bad. The solar power system worked splendidly, the two panels and two batteries providing enough electricity even after ten days of rain. I lived very cheaply in beautiful surroundings. Wildlife was in abundance: possums squabbling in the trees outside the house at night, brush turkeys so tame that they would take vegetable scraps from my hand, butterflies and birds taking a short cut straight through the house, wallabies eating grass at my doorstep in the morning, echidnas digging up my garden for me, and a huge huntsman spider missing its grip on the ceiling and falling onto my face while I was asleep. I successfully prevented birds and wallabies from eating my vegetables by covering them with an easily removable tangle of dead branches.

It was the first time I had ever lived alone, and so long as I kept busy the loneliness didn't greatly worry me. Gympie was only 11 km (6½ miles) away, and the Grassifieds 'Contacts' section helped a lot too. I must thank all the girls who answered my ad, and especially those I met. Unfortunately, no longterm relationship eventuated, and the beautiful lady I later married turned out to be a city type anyway.

I had spent my high school years in the country and therefore knew what attitudes to expect. Despite the trappings of modern society, country towns remain isolated communities. Many locals might never have travelled outside their own town, and many have little education. There is nothing wrong with this, but it means that people tend to judge from a limited perspective, often don't understand things, and often don't know what to believe. Couple this with a love of gossip, much of it highly imaginative, and you get some feel for the social atmosphere in a little place where everybody knows everybody else. In short, if it's true, nobody will believe it; if it's not, everybody will; if the man down the road wins a lottery prize, you'll be told not to speak to him; and if you give the neighbour's wife a lift into town, you'll find that someone reckons that he saw both of you down at the river swimming in the raw winter air.

This brings me to the only sore point about my stay in the country. As I didn't wish to be seen as different from the locals, I wore shorts and thongs like everyone else, joined three local clubs, told people that I was just an invalid pensioner, and kept as quiet as possible about my Canberra job with its high-falutin title and also about some minor success I had with a hobby. Of course, I needn't have bothered. They thought I was a KGB

agent anyway. Next time I'll make sure I get all my papers personally signed by the Prime Minister beforehand. Cripes, I had people telling me that I was really in my early twenties (I was 41 at the time), was possessed by the devil, had never worked, never studied, never lived in Canberra, was not a pensioner, bought my property with money from drugs or inheritance, and was a homosexual and a madman. The police photographed my car, I received letters from incensed citizens demanding to know the truth, was literally treated as retarded by half the population, was told by a senior teacher that my tutoring prospects were virtually nil as the subject would be far too advanced for me, and heard that a local had gone to school with me at a time when I was actually in my thirties and working in Canberra. How does one get through? This nonsense continued unabated for the whole two years I lived there.

On the other hand, I had the best neighbours I could have wished for, I did manage to get in a little tutoring, and I still have some wonderful Gympie friends. I also fought my way back to reasonably good health and back into the workforce. I still love the country and maybe I'll go back when I reach retiring age. Until then, however, my wife and I will stay in the city. After all, the city does have many good points: cultural activities, museums and zoos, entertainment, satisfying employment and ready access to libraries, colleges and universities. We live in one of the most cosmopolitan suburbs of Sydney, with thirty or forty nationalities represented. There are people everywhere, and everyone is accepted as one of the crowd irrespective of income, education, health, disability, religion or race. We believe these things are important.



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GROW ORGANIC '90

The East Gippsland Organic Agriculture Association will be hosting its 4th 'Grow Organic' on the Australia Day long weekend in 1990. This event is held at Camp Coorong (10 minutes from Bairnsdale) in a beautiful bushland setting on the shores of Lake Victoria. As in previous years there will be a wide range of speakers and practical sessions addressing many issues relating to organic agriculture and gardening.

Modern organic agriculture represents an integration of traditional techniques into the framework of current scientific theory, together with modern advances that are appropriate. This last year has seen a great increase in consumer awareness, political 'greening' and recognition by farmers and government of the challenge of sustainability. 'Grow Organic '90' will provide an opportunity to hear of new and traditional methods which will lead agriculture towards an exciting future and at the same time enjoy a long weekend camping in a delightful location.

In previous years 'Grow Organic' has presented such diverse topics as commercial organic agriculture in Australia and overseas, commercial organic vegetable growing, the role of rock minerals, fodder and other farm trees, self-sufficiency in food, appropriate technology, backyard poultry keeping, animal care, soil fertility, practical soil assessment, salinity and small scale seed collection. Speakers for 1990 are currently being finalised but the program will include discussion on the use of Australian plants in organic farm systems, an update on scientific investigation of organic farming practices, organic fertilisers, organic gardening, small scale and commercial organic farming and animal care. Farm visits, workshops and other demonstrations will also be offered.

All are welcome – growers new to organic methods or old hands. The combination of inquiring minds, knowledgeable experienced speakers, a friendly camping weekend (or a pleasant day trip), a little swimming or fishing if you like, will make for a truly memorable trip. Plan now to keep the long weekend free. Please contact Audrey Porter at Box 33 Wiseleigh 3885 or phone 051-575-210 for further information and registration forms.

One never notices what has been done; one can only see what remains to be done.

Marie Curie (1867-1934)

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Determined to make your own Christmas gifts this year but short on ideas? Or perhaps you remember seeing a beaut project several issues back but simply can't remember which issue or even which year. It is frustrating to know there are a wealth of ideas around and that you can't tap into them, but with this in mind two regular contributors have put hours of work into providing the complete – well almost – guide to simple gift ideas.

A TO Z OF HOMEMADE CHRISTMAS GIFTS

by Anne Mayne, Newport, NSW.

- A** **APRONS** – are always handy. Make a pretty one for a busy cook, or a serviceable one in strong calico or canvas for the gardener or handyperson.
- B** **BISCUITS** – bake your own cookies and sprinkle with chopped dried fruits and nuts for a festive touch. Present in a recycled glass coffee jar or basket trimmed with gift ribbon.
- C** **CANDIES AND CHOCOLATES** – homemade are yummy! Make up fudge, rum balls, white Christmas and rocky road. Give in cellophane bundles tied up with colourful gift ribbon or hang or nestle in the branches of your Christmas tree for your guests to choose to take home.
- D** **DRIED FLOWERS** – gather silver dollar eucalypt leaves, tortured willow prunings, pine cones, proteas and everlasting daisies. Do up an arrangement in a basket or jar, or glue to a woven placemat and use as a decorative wall hanging.
- E** **EMBROIDERY** – stitch grub roses and leaves in simple stitches to fancy up hand towels, face washers and baby singlets for an especially pretty gift.
- F** **FLOWERS** – a big bunch of fresh flowers from your garden, or pressed flowers framed, or glued to notepaper, cards or a bookmark, will be sure to please.
- G** **GIFT WRAPPING IDEAS** – use your imagination to present your homemade gifts in baskets, decorated jars for cookies and candies, shells for small soaps, decorated clay pots or painted tins for plant cuttings and herbs . . . the list goes on!
- H** **HERBS** – grow them in pots for a windowsill, or make bouquet garni bags containing parsley, thyme, bay leaf and peppercorns tied up in scraps of muslin or gingham to flavour soups, stews and casseroles.
HANKIES – Tie a cake of perfumed soap in a pretty bundle with a ribbon bow or roll a cake of soap in a hanky and tie both ends with a ribbon bow to make a soap bonbon.
- I** **IOU** – write out IOUs on pretty notepaper. Offer babysitting for a busy young parent, gardening for an elderly person, or car washing for the driver of the family.
- J** **JARS** – decorate empty jars with simple flower designs or colourful patterns in enamel paints to use as attractive storage jars. Jars filled with homemade jams of every description are always pleasing. Present two or three small jam jars (use baby food jars) in a basket. To make jam jar covers, cut circles of colourful fabric saucer size. Pink the edges and secure to top of jar with a small rubber band. Finish with thick coloured wool and a bow.
- K** **KITCHEN GIFTS** – from your pantry or stove will be well received. Preserves, herbed vinegars, cakes, puddings and pies are a few possibilities. What about making a mini plum pudding for a single person you know.
- KNITTING** – items such as hats, scarves, mitts, booties and babywear are very acceptable gifts. If you have the time, a handspun woollen jumper would be especially appreciated.
- L** **LAVENDER AND LACE** – dry lavender from your garden and make up handy bags and sachets from pretty scrap material with lace and ribbon trims. Use wide lace to make bows attached to hair combs for little girls to look their best.
- M** **MONEY** – save it by making your Christmas gifts this year from these ideas, such as a marble bag for a little boy, a matching coathanger and soap bag set for Mum, and a mobile for baby. The whole family can have fun making cards and Christmas decorations for your tree.
- N** **NUTS** – and seedpods glued to a lidded basket, or to a woven placemat to use as a wallhanging will be a unique Australian gift. Arrange in a pleasing pattern filling in any gaps with smaller nuts, seeds and grasses. The bigger the variety of material, the more interesting the end result. Give a bag of nuts if you are fortunate enough to have a walnut or macadamia nut tree in your garden.
- O** **ODDMENTS** – of fabric can be cut into 15 cm by 15 cm (6 x 6 in) squares with pinking shears. Place a dessertspoonful of lavender in centre. Gather up in your hand and secure with a rubber band. Trim with 30 cm (12 in) of gift ribbon and curl ends to make a pretty lavender sachet to hang in a wardrobe or tuck into a drawer or handbag.
- P** **PLANTS** – potted cuttings, herbs and even cacti make welcome gifts to the gardener.
PATCHWORK – can be colourful for aprons, carry bags, bed quilts or pram covers.
PICKLES – in jars will be gladly received by the gourmet.
- PINE CONES** – spray painted silver or gold will look stunning on your Christmas tree. Alternatively, you might like to tip the edges with white paint, trim with colourful ribbons to tie in your tree, or nestle in pine branches on your mantelpiece.
- Q** **QUILTING** – make a set of quilted placemats by cutting rectangles 30 cm by 40 cm (12 x 16 in). Bind edges all around with bias binding or wide satin ribbon, or turn edges under twice and machine stitch to finish.
- R** **RUG** – crochet granny squares or knit squares to form a knee rug, or a larger throw rug for a chair or sofa.
RIBBON – handpaint simple flowers or patterns on hair ribbons for little girls.
- S** **SCENTED SACHETS** – tie up dried lavender, jasmine or orange blossom into small fabric squares and hang under the hot tap for a fragrant bath, or try cinnamon,

cloves and basil for a relaxing bath.

SERVIETTES – sew simple squares of fabric with all edges turned under twice and hemmed to form serviettes. Make large 40 cm by 40 cm (16 x 16 in) squares in bold prints for barbeques, and smaller Christmas print serviettes for an extra special Christmas dinner table.

T TREE DECORATIONS – make your own simple decorations with crepe paper chains and coloured cardboard shapes such as a star, bird, bell, heart or tree. Kids love to help cut out the shapes and can decorate them with coloured felt tip pens and glitter.

U UMBRELLAS – make pretty lavender umbrellas from small print fabric, lace and ribbons. Cut a circle the size of a dinner plate, fold in two and cut in half (makes two umbrellas). Sew lace trim to right side of fabric on outer edge of one semi-circle. Fold semi-circle, with right sides together, into a cone shape and sew seam leaving a small opening at the bottom. Insert a chenille stick (or pipe cleaner) into the hole, leaving 22 cm (9 in) protruding. Secure chenille stick to base of cone shape with hand

stitching. Turn right side out and half fill with lavender. Secure with rubber band, tie a ribbon bow to trim, and bend hook in top of chenille stick to form 'umbrella'.

V VINEGARS AND OILS – make up herbal vinegars and salad oils in glass jars with sprigs of rosemary, tarragon, parsley, etc and season with garlic and peppercorns.

W WINE – give a bottle of your own homemade wine and make a wine bottle cover in bright Christmas print fabric with a ribbon tie for the neck.

WREATH – make a Christmas wreath from grapevine, wisteria or tortured willow prunings. Trim with pine cones, gum nuts and a big tartan ribbon bow.

X X-TRAORDINARY! – homemade gifts are also extremely appreciated by their recipients because of the time, care and love taken in the making.

Y YOURSELF – there's some of you in every homemade gift, because of the pleasure in the making and the giving.

Z ZZZZZ – be thankful for a good rest once Christmas is over for another year, and vow to prepare early for the next one!



GR CHRISTMAS – IT'S EASY AS ABC

by Jose Robinson, Wild Cattle Island, Qld.

A ALOE VERA – healing in a plant. Give a friend one of your 'pups'. See GR 48.

AIR FRESHENERS – sweet smelling combinations to burn. See GR 70 for these and other herbal gifts.

B BELT – in macrame, from the *Fireside Reader*, p 111.

BASKETS – from coiled grass, assorted shapes and sizes. See GR 62.

BOOKS – practical advice and enjoyable reading. Make your choice from 'Recent Releases' in every issue.

C CROCHET – fun hats and bags from bread packets and do your bit for recycling. See GR 51.

CHESS SET – from dolly clothes pegs, see GR 58.

CURTAIN-RING BROOCH – simple and decorative, from GR 46.

D DOUGH CRAFT – gifts the kids will love to make. See GR 70.

DOG KENNEL – don't our animal helpers deserve recognition of their efforts too? See GR 51.

E EAR-RINGS – homemade for all tastes and occasions, from the *Fireside Reader*, p 72.

F FAMILY FUN – togetherness for a day. See GR 72.

FLOWER ESSENCES – for perfume and pleasure, see GR 71.

G GARDEN – miniature, of herbs in assorted pots. See GR 58, p 74.

GINGER BEER – homemade of course and carefully bottled, from the *Bumper Book*, p 39.

GOURDS – for useful and decorative objects from your garden. See GR 71.

H HOOKED RAG RUG – from GR 43.

HERB BUTTERS AND HONEY – flavoursome gifts for the dedicated cook. See GR 70, p 64.

I INDOOR GARDEN – make up a terrarium in a glass bowl. See the *Fireside Reader*, p 100.

INCENSE – aromatic gift with a difference, from GR 72.

J JUMPERS – knitted from homespun wool. See GR 61.

K KNITTED SLIPPERS – or socks. See the *Fireside Reader* p 118, and GR 61.

KIDS' ENTERTAINMENT – home play aids to keep them busy during the holidays. See GR 69.

L LEATHER HANDBAG – from the *Fireside Reader* p 114.

LEMON DELIGHTS – to cook or preserve from your bountiful tree. See GR 73.

M MOCCASINS – for cosy feet, see GR 50.

MAI-TAI BABY SLING – in patchwork, for a new arrival. See GR 71.

N NO COST GIFTS – lovingly crafted from homemade or recycled materials, from GR 63.

O OLD TOWELS – for new tea cosies and other household uses. See GR 71.

ORANGES – rings preserved in spiced vinegar for Christmas mealtimes. See GR 58.

P PLANT HOLDER – from bamboo, see GR 69.

POMANDERS AND POTPOURRI – lots of great recipes. Start with GR 40 and the *Bumper Book* p 66.

PICTURE BLOCKS – a gift for the littlies. *Bumper Book* p 51.

Q QUESO BLANCO – goats milk cheese and other simple variations, from GR 64.

R ROSE HONEY – delicate flavour, see GR 63.

S STAINED GLASS – panel or terrarium, from GR 38.

SHOULDER BAG – *Fireside Reader*, p 75.

SHELLS – from seafood for ornaments and jewellery. See GR 71.

T TAPESTRY CUSHIONS – and wall hangings from leftover wool, see GR 60.

T-SHIRTS – basic and varied, from GR 69 and GR 70.

TIDY BOARDS – another one the kids can try. See the *Bumper Book*, p 103.



- U** UNIQUE BACK-PACK – tailored to fit, from GR 65.
- V** VERY SIMPLE – individual and attractive gifts from cross-stitch. See GR 69.
- VEGAN ICECREAM – for a special taste treat. *The Bumper Book* p 90.
- W** WAISTCOAT – stylish garment from GR 45.
- WOVEN TABLE MATS – using a simple hand loom, see GR 40.
- WASHABLE BABY'S BOOK – start them reading early, from the *Bumper Book* p 127.
- X** XMAS CARDS – see GR 48.
- XMAS COOKERY – turn to 'While the Billy Boils', especially in December issues.
- XMAS DECORATIONS – for the kids to make, in GR 64.
- Y** YOUNGSTER'S COTTON COVER-UP – see GR 67.
- YOGHURT CHEESE – another delicious cheese recipe from GR 64.
- Z** ZUCCHINI RELISH – and other homemade pickles, see GR 65.

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ORGANIC GARDENING HINTS & IDEAS

By Lenie Morcus, Bundaberg, Qld.

By carefully selecting tomatoes without pests for reseedling, you will eventually end up with pest free plants (that applies to all plants naturally – always keep the best ones for seed). Sow tomato seed in boxes and let grow till minimum 30-45 cm (1-1½ ft) before transplanting. Remove all leaves except top three. Dig shallow trenches 60 cm (2ft) apart. Place roots towards middle of bed and lay with just 3 leaves protruding. Cover with earth and the whole stem becomes the root system, giving at least an extra 40 percent growth rate. Suspend wires above tomato plants at least 2 m (7 ft) high as they will grow that tall. Tie a string to bottom of plant when it has reached 45 cm (1½ ft) high. Tie the string to the wire. As bush climbs, guide it around the string occasionally.

To add magnesium to the soil, simply dilute Epsom salts in water and sprinkle into the soil. One tablespoonful of Epsom salts in 600 ml (1 pt) of water covers 1 square metre (10 sq ft). Epsom salt water sprayed on plants is harmless and may deter some pests.

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A Guide to Ethical Investment in Australia

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- * A detailed analysis of ethical investment organisations
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- * Raising money for your business
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- * A comprehensive resource section
- * Economic and financial strategies for a sustainable future

This book is written by Robert Rosen B.Ec., secretary of The Earthbank Society and a licensed investment advisor. Robert is generally regarded as a leading authority on ethical and community based investment in Australia.

Price is \$17.00 posted

The Earthbank Society, PO Box 475, Byron Bay 2481.
Ph: 066-858-255 Fax: 066-856-962

Opportunities for Ethical Investment

A Short Who's Who of the Main Organisations Offering Investment Opportunities

What is your money doing when you're not watching? Is it being used to destroy our environment and our society? Is it being used to build bigger and better bombs? Is it being used to promote alcohol – the drug which is a contributing factor to more than 50 percent of road accidents; the drug which destroys the lives of countless men and women; the drug which many social workers believe is the greatest threat to the health and well-being of our teenagers? Is it being used to promote smoking – the major cause of lung cancer and a significant contributor to heart disease and other health problems? Is it being used to profit from the misery of South Africa? In short, are your investment dollars being used to support activities, organisations, products and political regimes which you would not dream of supporting if you had a say in the matter? Many people would not sleep so well if they knew how their money was being used.

What then is the answer? The answer is the 'ethical' or 'socially screened' investment concept. Investment managers who adopt the 'ethical' philosophy do not invest in companies whose income is substantially derived from activities associated with such things as alcohol, smoking, armaments and oppressive regimes such as South Africa. The ethical investment concept is still in its infancy in Australia. However, experience in the UK and the USA suggests that 'ethical' funds will grow in importance as more men and women use their investment dollars to register their concern about important social issues. (Reprinted from The Ethical Investment Concept of ANSVAR Australia Insurance Ltd, whose profile is included in our list of organisations which provide opportunities for ethical investment.)

ETHICAL INVESTMENT ORGANISATIONS

The following organisations either lend or invest funds in a way that they consider to be ethical or socially responsible. The list was compiled by The Earthbank Society in July 1989. The Earthbank Society does not necessarily recommend or endorse any of the organisations on this list.

Ansvar Australia Insurance Ltd

PO Box 2403, North Parramatta 2151. Ph: 02-683-4166.

Ansvar is a worldwide insurance company for non-drinkers that commenced in Australia in 1961 with motor vehicle and general insurance and extended its activities during this year to include life insurance. It is the latter which practises an active ethical investment. Ansvar avoids investing in any company where income is substantially derived from activities associated with alcohol, drugs, smoking, armaments or South Africa, or which provides products harmful to the environment or contributing to the Greenhouse effect. Ansvar is active in supporting its principles – it has helped develop acceptable non alcoholic drinks, provided alcohol and road safety data to Parliamentary committees and funded a film and other information on the dangers of alcohol.

August Investments Managed Trust

PO Box 520, The Broadway 2007. Ph: 02-281-1440.

August Investments was the first ethical investment company

in Australia and in May 1987 launched an Ethical Unit Trust. About \$500,000 had been subscribed. The Managed Trust, launched in October 1989, does not invest in those involved in apartheid, militarism, tobacco, alcohol, rainforest logging, woodchipping or animal exploitation. Its investment policy is also positive in that it actively seeks out enterprises involved in appropriate technology, waste recycling, native timber re-forestation, organic agriculture, the production of durable high quality products and businesses with high worker involvement. August Investments has a clearly defined ethical charter.

August's exposure to the stock market at the time of the 1987 stock market crash was 8 percent of investments, resulting in a drop of 3 percent on opening values. This was a very respectable performance, far lower than that experienced by most mainstream investment trusts.

Bellingen District Loan Fund Ltd

PO Box 228, Bellingen 2454. Ph: 066-552-288.

The fund opened in July 1987. Situated on the Mid North Coast of NSW this primarily local fund lends money for socially useful small businesses, lowcost housing and community projects. It has deposits of over \$300,000 and a membership of over 250. It is a community revolving loan fund based on the highly successful US model.

The Channon Trust

C/- PO, The Channon 2480. Ph: 066-221-511.

This is a Unit Trust Fund that also runs a community run craft shop and restaurant as well as making loans to local residents for useful purposes. They have also set up a Local Employment Trading Scheme (LETS). The trust is now involved in setting up North Coast Ethical Credit Union.

Community Aid Abroad

22 Renaissance Arcade, Adelaide 5000. Ph: 08-223-2519.

Community Aid Abroad's wholly owned subsidiary CAA Trading Ltd accepts deposits from people who support the objects of the company and wish to contribute to its growth. A highly successful organisation, they need funds for continued expansion. CAA Trading supports artisans in poor countries by selling their products in Australia. CAA also runs Village Revolving Loan Funds Schemes in the Third World. Their net profit for 1987 was \$629,000 all of which was used to finance further development projects in the Third World and among Australian aborigines.

Funds can be deposited for up to one year in multiples of \$1000 at either nil, 5 percent or 10 percent per annum interest. Community Aid Abroad will guarantee repayment of deposits to CAA Trading Ltd.

Earthbank Society of Australia

PO Box 475, Byron Bay 2481. Ph: 066-858-255.

The Society was formed in 1982 to provide information on ethical social and community based investment alternatives in Australia and assist in the creation of new financial organisations that were socially and environmentally responsible. It has assisted in the setting up of a number of socially responsible investment organisations including The Maleny & District

Community Credit Union Ltd, August Investments Pty Ltd, August Investments Unit Trust, Directed Financial Management Ltd, and the Bellingen District Loan Fund Ltd.

The society has been successful in bringing to greater public awareness the concept of ethical investment in Australia and answers many hundreds of enquiries each year. It is a non-profit grassroots organisation with an extensive Australian and international network and operates with a minimum of structure. The Earthbank Society is currently preparing a comprehensive guidebook to ethical investment in Australia.

Fitzroy Carlton Co-operative Credit Society Ltd

PO Box 198, Fitzroy 3065. Ph: 03-419-4533.

This Credit Co-Operative has a similar social philosophy to the Macaulay Co-Operative and serves low income earners in the Fitzroy area of Melbourne. Deposits are currently at about \$500,000.

Fourth Wave Investments

PO Box 734, Palm Beach 4221. Ph: 075-344-318.

Fourth Wave are not an investment organisation like many of the above, rather they are a private fund and as such do not accept subscriptions from the public for reinvestment. Instead, they are a socially responsible venture capital company investing their own funds in business projects that in some way benefit people and the planet. They are interested in entrepreneurs who have business plans (well researched and written documents that examine all aspects of the project) that may meet their criteria, or already existing businesses that have potential to expand. Their interest lies in medium businesses with good growth prospects. As a venture capital company they purchase part of the business and share in the profits. Their commitment is to use the fund's resources to finance ventures that not only make a profit in a traditional economic sense but are profitable on a broader social scale as well.

Friends' Provident Life Office

80 Alfred St, Milsons Point 2061. Ph: 02-925-9255.

Over \$15 million is now invested in Friends' Ethical Bonds. There are two funds: a superannuation fund and an ordinary fund. In both equities (shares listed on the Stock Exchange) amount to about 46 percent, the balance being in fixed interest investments, cash and bills. Like most similar investment products the bonds fared very well up to October 1987 and lost value quite sharply following the stock market crash. In September 1987 Friends launched two Ethical Unit Trusts – an Ethical Growth Trust and an Ethical Income Trust. These have not performed as well as expected due to delays in production of the prospectus and the stock market crash.

Both the Managed Funds and the Trusts appear to have the same ethical criteria. They claim not to invest in companies involved in armaments, alcohol, tobacco, gambling, trade with South Africa or uranium. Friends' Ethical Investments however at last notice rather surprisingly included shares in BHP, Comalco and the National Australia Bank. BHP, for example, is a significant armaments supplier and manufacturer, trades with and has considerable interests in South Africa, and has close connections with major brewer Elders IXL. It is difficult however to assess Friends' ethical standards as they do not make their full investment portfolio public but by international standards they appear to have rather weak ethical criteria.

Global Funds Management (Vic) Ltd

99 Mount St, North Sydney 2060. Ph: 02-957-5820.

Global Funds Management is closely associated with the YWCA, which retains the right of veto over direction of funds for investment. Its investment program is focused on five areas: health care, the environment, employment for young Australians, equal opportunity and tourism. The particular criteria for involvement in tourism development are that it should be environmentally sensitive, non-destructive, provide quality, lowcost facilities and encourage the interaction of different cultures. The company has a broader investment base with involvement in the property market as well as in share portfolios.

Macaulay Community Co-operative Credit Society

507 Macaulay Rd, Kensington 3031. Ph: 03-372-1718.

The Macaulay Credit Union serves low income earners in the inner Melbourne suburbs. The Credit Union is sensitive to the social needs of its members and works closely with other community organisations. It has a tiered loan interest rate which increases with the amount borrowed. This scheme is designed to benefit lower income groups.

Macaulay Local Investment Fund Ltd

507 Macaulay Rd, Kensington 3031. Ph: 03-372-1718.

The Macaulay Credit Co-operative in conjunction with the Kensington Association has set up the Macaulay Local Investment Fund in the inner Melbourne suburbs. The aim of this fund is to enable the community, particularly those on low incomes, to gain more influence over the local economy through community ownership of economic resources. The Fund is a public company and is raising money through a debenture issue. The minimum investment is \$100. The Fund provides leasing finance rather than loan funds and services co-operative and community owned enterprises in Melbourne's inner city area. There are future plans for the financing of community or co-operative owned housing for low income groups.

Maleny & District Community Credit Union Ltd

37 Maple St, Maleny 4552. Ph: 071-942-144.

Maleny Credit Union is a socially responsible community based Credit Union in Southern Queensland. Like other Credit Unions their deposits are government guaranteed. Their growth rate has been excellent given the small population base of the Maleny district. Deposits are now over \$2,000,000. Their interest rates are very competitive. In November 1987 they assisted in starting the first Local Exchange Trading Scheme (LETS) in Australia.

Pioneer Fund Co-op Ltd

PO Box A473, Sydney South 2000.

The last surviving Investment Co-operative in NSW, Pioneer is currently being reorganised into an ethical investment organisation.

Southern Cross Capital Exchange Ltd

GPO Box 77B, Melbourne 3001. Ph: 03-489-6387.

Southern Cross connects those seeking funds for worthwhile projects and those who wish to see their money meaningfully invested. The exchange also has a Superannuation Fund. Up to 30 percent of contributions will be made available for businesses that are environmentally responsible, organic and biodynamic farming, schools and other worthwhile community projects. The balance of the funds will be invested with Friends' Provident Life Office Ethical Fund. The exchange is not accepting investments at present.

NATURAL ALTERNATIVES TO SUGAR

Sugar, being readily available in supermarkets and corner stores, is the most obvious sweetening agent for foods and drinks. Yet sugar cane (from which sugar is extracted) can only be grown in selected temperate climatic areas and soils. In terms of self-sufficiency, growing one's own sugar cane is impossible for most people (unless of course, one lives in an appropriate part of the globe). So this article will endeavour to outline some feasible alternatives for sweetening foods and drinks. In the process it will also, hopefully, make one aware of more natural and less health threatening ways to satisfy one's 'sweet tooth'. That does not mean to say that all these alternatives may be eaten in excess with safety – as with all offending food, moderation is the key.

HONEY

The most obvious alternative to sugar is honey – the food of the ordinary bee. Honey is readily available commercially in a variety of subtle flavours according to the type of flower from which the bee has extracted its pollen to make the honey. And if you prefer a more self-sufficient approach to obtaining honey then books on home beekeeping are in abundance in craft and gardening sections of bookshops.

In terms of how honey may be used in cooking and eating, besides the usual (such as in tea, on cereals, etc.), other suggestions are innumerable. Here are a few of the more interesting.

Desserts

Desserts with a honey base include:

- honey junket – dissolve one tablespoon of honey in 750 ml (1 1/3 pt) of milk, then make the junket in the usual way with a junket tablet.
- honey mousse – make up a plain lemon jelly using 3/4 cup hot water and leave to reach the thick, but runny, stage of setting. Mix together 2 egg yolks, 3/4 cup of cream and 2 tablespoons honey and add to the jelly. Mix well. Gently fold in 2 egg whites, beaten till stiff. Allow to set in the refrigerator.
- honey icecream – beat 2 egg whites till stiff, add 1/2 cup honey, 2 beaten egg yolks, 1/4 cup lemon juice and 1/2 teaspoon grated lemon rind. Fold gently. Beat one cup of cream until stiff and add to the mixture. Fold gently. Pour into trays and place in the freezer. Honey-based products will take longer to freeze than other similar products.
- honey dumplings – rub together one tablespoon butter with one cup of SR flour. Add one egg and sufficient milk to make a light dough. In a saucepan place one cup of water and 1/2 cup of honey and bring to the boil. Drop teaspoonfuls of the dumpling mixture into the syrup. Cover and leave to very slowly simmer for about 20 minutes.

Baking

Honey may be used to replace sugar in most cakes. Use 3/4 cup of honey in place of every one cup of sugar in the recipe. It will also be necessary to reduce the liquid in the cake mixture (milk, water or whatever the recipe calls for) by one tablespoon per 3/4 cup of honey. The acidity of honey can be neutralised by adding 1/2 teaspoon bicarbonate soda for every 3/4 cup of honey. Honey may be added to bread at a rate of one tablespoon per loaf. Mix the honey with the liquid (hot water or whatever)

before it is added to the dough. Knead well.

Preserves

Honey may be used instead of sugar to preserve fruit. Use approximately 3/4 cup honey per 2 cups of water added to the fruit during cooking. Honey may also be used during jam-making, such as honey-plum jam – place 1/2 kg (1 lb) of washed and stoned plums, 3/4 cup honey and 1/4 teaspoon cinnamon in a saucepan. Simmer for 45 minutes, pour into sterile jars and seal.

Other Uses

Cough syrup made with honey improves the flavour and enhances its effectiveness. Simply mix together equal amounts of honey and lemon juice. Store in a jar in the refrigerator and use when required. A natural honey drink may be made by combining one cup of honey with 4 cups of orange juice, one cup of lemon juice and 2 cups of water. Mix well and serve with ice. Honey may also be used to make wine, beer, cider, fruit jellies, milk drinks, and much more. It's just a matter of learning to substitute honey when the recipe calls for sugar.

FRUIT

Sweetness may be incorporated into foods by adding dried fruit, fruit juice, or whatever form of fruit you have available. Fruit contains a certain amount of fruit-sugar which, like cane sugar, should be eaten in moderation. Here are a few suggestions for using dried fruit to make cakes and sweets, and for making sugar-free jams.

Sugarless Carrot Cake

Sift together one cup of wholemeal flour and one teaspoon each of bicarbonate soda and cinnamon. Mix in 3/4 cup coconut, 1/2 cup chopped walnuts, 1 1/2 cups grated carrot and one cup of sultanas. Beat together 4 eggs, 1/4 cup vegetable oil, one teaspoon vanilla and 1/2 cup of water. Add to the dry ingredients and mix well. Pour into a cake pan and bake 45 minutes in a moderate oven.

Fruit Balls

Mix together one cup each of minced sultanas and raisins, one cup of coconut and 1/2 cup crushed or chopped nuts. Roll into balls in coconut.

Rum Balls

Make according to the recipe above for fruit balls, but omit the nuts. Add instead one cup of crushed biscuits (unsweetened), 2 tablespoons cocoa and 1/2 teaspoon rum essence. Roll into balls as outlined above.

Jams Without Sugar

For those people who prefer their jams totally free of added sweetener (sugar, honey or whatever), here is a recipe for making jam with glycerine. Wash 1 kg (2 1/4 lb) of fruit (peaches, plums, apricots, or whatever) and remove the stones if necessary. Place the fruit in a saucepan with about 1/2 cup of water and simmer until the fruit becomes tender (about 30 minutes). Add 170 g (6 oz) of glycerine and continue simmering for about 20 minutes. Pour into sterile jars and seal. These jams do not have sugar to preserve them, so must be kept stored in the refrigerator and used as soon as possible.

Sugarless jams have a pureed fruit consistency and are of course not as sweet as sugar or honey based jams, though fruit has a certain amount of its own sweetening agent in the form of fruit sugar. Many people find that jams without sugar are quite sweet enough for their taste.

MORE NATURAL SUGARS

Sugar Beet

Simple garden sugar beet can be turned into a type of unrefined sugar. First cut the tops off the sugar beet. Remove the juice from the beet by pressing it in a cider press, mangle, or whatever. Boil this extracted juice until all the moisture has evaporated. The remaining residue is an excellent unrefined sugar and ideal natural and nutritious sweetener.

Maple Sugar

The sap of the sugar maple tree provides a source of natural sweetener. Although it is advisable to explore the technique for extracting maple sap and turning it into syrup more thoroughly via suitable resource books or professional advice, the technique, in brief, is as follows. During late winter the tree is 'tapped' to extract its sap. This involves inserting a small hollow tube into the tree trunk to allow the sap to drain into a container. The sap is then boiled via a process unique to maple sap to eventually become maple syrup. To turn this syrup into sugar the mixture is boiled to threadlike consistency, allowed to cool for a few minutes, then stirred. The crystallising syrup then turns into a sugar.

Sorghum

A particular species of sorghum (sweet sorghum) may be grown and used to make sugar via a process similar to making sugar from sugar cane. Sorghum prefers to grow in warm to hot weather (on average at least 24°C/75°F). Once harvested it is crushed to extract its syrup. This crushing process needs to be done with a special crushing mill or pestle and mortar. The resulting syrup is boiled to remove the moisture and leave unrefined sugar.

Reprinted from *Inneraction*, a newspaper about New Age philosophy, self-sufficiency and self-awareness (no longer in publication).

Make a Jig-Saw Board

By Susan Sawyer, Morwell, Vic.

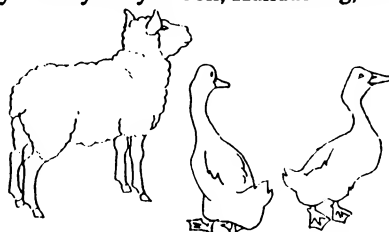
Do you have a jigsaw puzzle taking forever to do and using valuable table space? Maybe you want to sit under a tree and ponder the puzzle.

Make a board using a square of strong plywood a little larger than the puzzle will be when finished. Frame the square with edging or moulding such as that used for picture frames. Glue edging to board or nail with very fine nails. This provides a firm working surface and pieces won't fall off. Store the board under the couch or bed – unless it's already chock-a-block under there.

Some puzzles are very beautiful when completed and you may want to preserve one forever. When you have finished your 6000 piece jigsaw, place a large sheet of firm card (to cover) over it and invert whole puzzle *carefully*. Square it off and apply paste to the back of the picture. Glue on a sheet of very firm card (the thicker the better, to prevent warping) and leave to dry. Trim edges. When dry you have a work of art (complete with crazing) which can be hung on the wall where everyone can admire your handiwork and dedication.

LENTILS FOR CHRISTMAS

by Shirley Scaysbrook, Kundabung, NSW.



You should never name anything you plan to eat. Like a lot of people we did plan to raise some animals for food. As a result, we now have a pet pig, a pet sheep and several elderly ducks. After all, I couldn't handle sitting down to 'roast Percy' or 'Clara chops'. My scruples fell by the wayside when it came to chooks however. For one thing, after our first lot of layers I ceased naming the chooks and also those very same feathered creatures are probably responsible for considerable decreases in my sanity. Still, I never participated in the actual executions and while plucking the victims I have been known to think longingly of ye old frozen chook.

We fed Percy the pig all our scraps plus commercial pig food and dreamt of bacon and roast pork. But alas, pigs are likeable creatures – and well, pork's high in cholesterol anyway. Clara – well, I raised her with a bottle and she thinks I'm her mother. How could I stew her? We did plan to kill two of the ducks but the kids couldn't bear to see Donald and Daisy get the axe. Ducks do keep the bugs away from the garden, don't they?

*We'll raise our meat,
We said with hope,
And our own vegies eat,
We will not need to go to town,
This lifestyle can't be beat.
We bought a pig, some ducks, a lamb
To raise and then devour
Unfortunately, we named them all
That's fatal we know now!
It's very hard to cook and eat
Someone you know by name,
It's not like buying meat in town
It's really not the same.
So now we have a nice pet pig,
Two ageing ducks, a sheep
And we eat lots of vegies
It's healthier by a heap.
So do not name your pig or sheep
If a roast you hope to carve
And if you name the vegies
You probably will starve.*

PINS AND NEEDLES

Pins and needles will never rust if kept stuck in a cushion filled with dry coffee grounds. Rinse the grounds in cold water, spread on a sheet of paper to dry thoroughly and then stuff the cushion.

PRESERVING BOOT SOLES

Rub the soles of your boots often with equal parts of beeswax, olive oil and mutton suet melted together. If used often enough the soles will be good when the uppers are worn out.

ONTOS

An Alternative Lifestyle Community

by Neal Hoptman, Buchan, Vic.



Weeding again! The vegie gardens are run on strict organic principles and require a lot of dedicated back work.

Outside Buchan in East Gippsland, Victoria is the setting for a beautiful area called W Tree, where 14 years ago a man named Fred Koch bought a large block of land with the dream of establishing an alternative lifestyle community. He was seeking a spot where people who perhaps did not have a great deal of financial resources could come and develop a village that could provide humankind with a viable lifestyle option at a time of rapidly deteriorating global environmental, financial and political scenarios. The W Tree valley set in the foothills of the Snowy Mountains and adjacent to the Snowy River Wilderness Area seemed just the place.

Invitations went out through *Grass Roots* and other publications and networks for likeminded folks to come up and live on the land, and since 1975 hundreds of people have come to W Tree to participate in this unique experiment. A number of developments have taken place that reflect the diverse skills and energies of the people who have lived and worked on the land as dreams have been tempered by changing times and financial realities.

The property was previously used for cattle grazing, and the first group of residents lived in the old homestead and caravans, setting about tasks with high ideals and the enthusiasm that comes with a bold new venture. With finance and projects funded by Fred, energies initially went into building dams, fencing and putting up buildings. People with a variety of skills and motivations became involved in the projects, as local farmers looked on with amusement and exchanged a story or

two about this new breed of settlers. The atmosphere was and still is a friendly one with nearby farming families.

Slowly over the years houses were built, cabins were erected, a communal dining hall was built and garden and farm areas cultivated. The rules were straightforward, with no tobacco, alcohol, drugs or raising of animals for slaughter allowed. People built homes on what is called Sunrise Farm Community, and many of them also worked and lived for a time on the retreat centre called ONTOS. A variety of crops were planted including rice, wheat, millet and rye on a largescale basis, and at the same time organic vegie gardens and fruit orchards were established.

Some projects were successful, with surplus organic wheat being sold to wholesalers in Melbourne for distribution to health food shops. Others such as rice proved intolerant to the climatic conditions. As with the ups and downs with agriculture so too did the utopian ideals of community have their share of highs and lows. Complete self-sufficiency sounded great but was not possible. People changed, orientation and projects were altered, all leading to three major structural changes that reflected the needs and desires of the new settlers. The original 2000 acres of land evolved into: Sunrise Farm Community; a number of subdivided bush blocks which were sought after by people wanting to own their land and build on it; and the establishment of ONTOS, a place for both residents and guests to come and experience an alternative lifestyle with an ecumenical spiritual orientation. Obstacles for the settlers have included the

difficulty in making a living on a former cattle property isolated from employment opportunities, as well as a disillusionment with the realities of communal sharing and the necessity for compromise, dealing with conflicting priorities, ownership issues, personality clashes and financial realities.

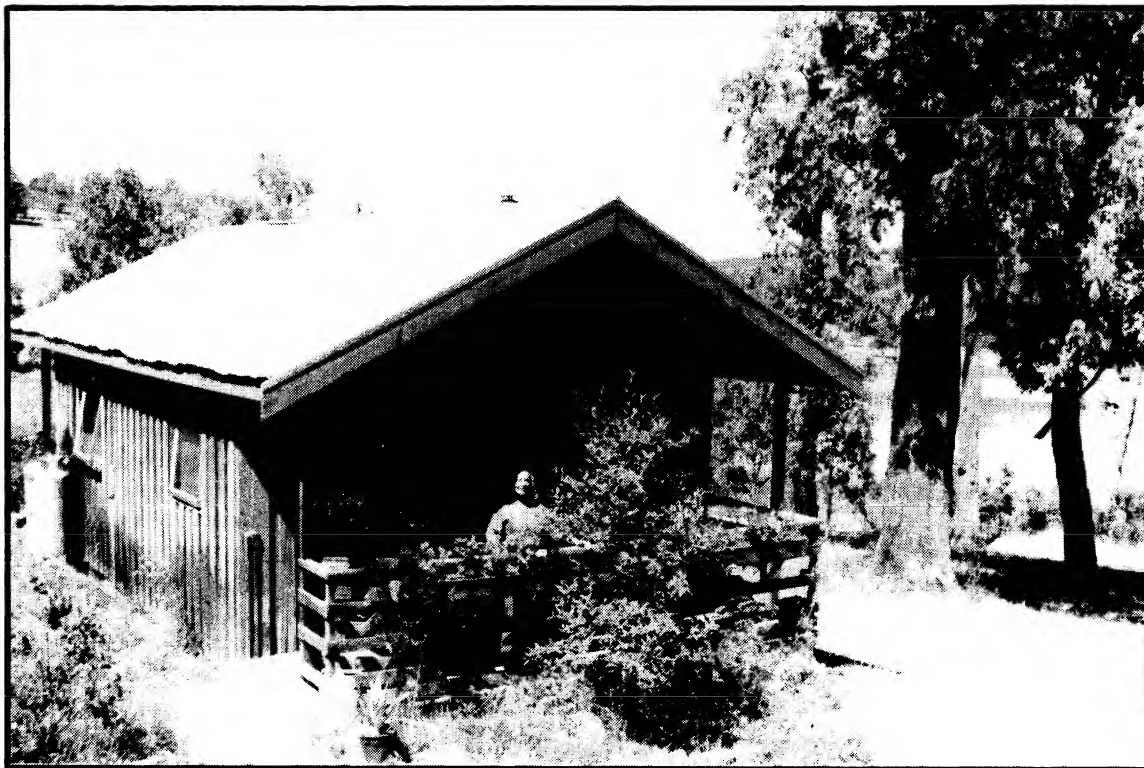
On the positive side, the multitudes of people who have spent time in this area have created a very special environment and a visitor to W Tree today will find not only an excellent guest facility at ONTOS, but also a food co-op at Sunrise, Blackwood Cottage Learning Centre, nearby Mt Murrindal Co-op and Buoyancy House with its spa tub and flotation tank facilities. Bill Harvey is producing tofu at ONTOS for both locals and the nearby towns of Bairnsdale and Lakes Entrance, and Judy Harvey is running W Tree Trail Rides with horses for all ages and experience levels. Craft work is another growing area with a number of residents taking advantage of classes at Blackwood Cottage and a retail craft outlet at ONTOS. Other residents are involved in everything from building and nursery production to breadmaking, jewellery design and massage. The invitation sent out by Fred Koch fourteen years ago has over the years brought together a very interesting and diverse group of people all seeking to live in harmony with the land, and improve the quality of their lives.

To go into the background of all these developments would take more space and experience than this writer has available, so I'll focus on ONTOS, where I live, and where over 2000 people have visited over the years as holiday guests, residents or work experience folks. I first came to ONTOS 6 years ago after meeting some of the residents at their display at the Confest in Everton. At that time there were five people living on the property and it was called ONTOS Yogaville. It had as its basic philosophy the teachings of integral yoga with its dedication to selfless service and ecumenical global perspective. The name

ONTOS was chosen as it stems from the Greek word meaning 'being', and this was a place to just 'be' in harmony with nature and develop a greater awareness of all aspects of life. The property is 260 hectares (640 ac) and at that time it had facilities which were being used regularly for yoga retreats and guest visits. Visitors were welcome to come and experience an alternative lifestyle as well as practise yoga and become involved in the running of the farm.

When I arrived at ONTOS with my partner, the prospect of living in such a dedicated environment, close to the land, sharing the rewards and setbacks, seemed like a dream come true and we decided on the work experience option. It turned out I was just one of many folks who were searching for a better life or going through a difficult transition. ONTOS at that time offered a haven for all, with plentiful food and comfortable accommodation provided in exchange for work on the property. The camaraderie, healthy lifestyle and friendships were very special. The numbers of residents grew, but unfortunately the income from the property didn't. Projects had to be curtailed, priorities changed and people came and went. I was one of those who packed my backpack, but couldn't help but return, as the promise and potential of this project still fills me with excitement, and the guests who visit here feel it too.

As the resident population changed over the years it became apparent that running a guest facility for people seeking a healthy holiday in the bush or a farm stay was not compatible with a yoga refuge. Financial constraints no longer allowed ONTOS to continue as a drop-in centre for people in times of transition. A decision was made to focus on the health retreat and farm holiday experience for people seeking a break, with accommodation options ranging from lovely modern motel units, timber cabins, and even a campground and caravan sites, so it could suit people on all budgets. The ONTOS Health



A visitor to ONTOS at one of the attractive, natural timber cabins.



Part of the 400 strong Angora goat flock in the kidding paddock with two happy imposters.

Retreat Centre was established and its reputation as an ideal holiday spot for families and people of all ages is growing rapidly.

Today the ONTOS residents and staff offer guests 3 buffet vegetarian meals daily in the large dining hall, organic farm tours which include visits to the over 400 Angora goats, dairy, gardens, orchards, alternative power generation and broad scale agricultural areas, as well as a range of friendly farm animals, including the kids' favourite – peacocks and chooks laying coloured eggs. On the health side, daily classes which are optional to visitors and guests include relaxation techniques, meditation, hatha yoga, as well as talks, advice and recipes on nutrition and vegetarian lifestyles. W Tree residents offer ONTOS guests other services including massage, spa tub, flotation tank, horseriding, educational kinesiology and more. The ONTOS community is now developing in a different way as it reaches out to people in W Tree as a vehicle for growth and employment, as the number of guests and visitors increases. Two recent examples are the development of the craft shop which displays a wide range of local artists' work from paintings and jumpers to scarves and pottery, and the employment of local people like Lionel Pollard, founder of Willing Workers On Organic Farms (WWOOF) to further develop the gardens and marketing of ONTOS organic products, as well as holding talks with guests and groups on the organic movement, from his long experience and involvement with the National Association for Sustainable Agriculture. ONTOS hopes to now provide an educational role for groups, schools and individuals in how to incorporate into their own lives some of the environmental and health aspects of everyday life here whether they are in urban or rural areas.

Lessons for all those involved in the ONTOS experience have been many, and to readers seeking to become involved in similar ventures elsewhere, a lot of wisdom can be gleaned from

a visit to W Tree. For others seeking a peaceful and relaxing farm or health holiday, ONTOS offers accommodation and programs to suit all. Local sights also are an attraction, ranging from the Buchan caves and Little River waterfall and gorge, to the Snowy River, all within a short distance from ONTOS. Fourteen years later the dream is still alive and lessons continue to come with each passing day.

For a brochure or more information contact Claire-Lise on 051-550-275 or write (SAE please) to ONTOS, W Tree via Buchan 3885.

DO YOU KNOW...

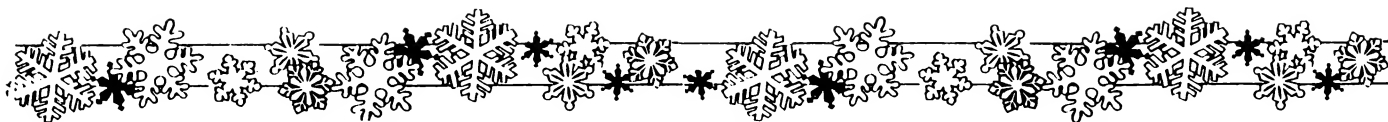
how to:

- use hydroelectricity?
- wire a 12V system?
- make a washing machine?
- choose the right generator?

All this and more can be found in back issues of Grass Roots. Send SAE for detailed list to Night Owl Publishers, PO Box 764, Shepparton 3630.

A C R E A G E ! !

S/E Qld acreage selling fast, lrg or small bush retreat or improved past. eg. 23 ha, easy ridges views timbered crks, pwr avail. \$26,500; 6 ac good past. t/w, pwr, handy school, 80 ac lt timber, couch grass handy school \$53,990; Hobby retreat, leave pollution & rat race !! Call now - Ph MYER BURPENGARY, 07 888-1966 a/h 071 96-1452



Money isn't everything but around Christmas most of us think a few more dollars would make life easier. Overwhelmed by the cost of gift giving? Consider some of these ingenious ideas from fellow readers. And remember, it's the thought that counts, and wrapped up colourfully your special gift will hold its place anywhere.

PERSONAL CHRISTMAS GIFTS



By Cheryl Beasley, Wacol, Qld.

Christmas is the special time of the year when we all appreciate each other a little more than usual. When someone has taken a portion of their time to create something just for you then the feeling of Christmas is highlighted. When you take the time to make gifts for others you will be feeling special too!

All the gift suggestions below can be created easily and without taking up too much time. Wrapping the gifts can make all the difference so I have included a few ideas to get you started. All the ingredients are readily available so I'll let you get on with it. Merry Christmas gift making.

SCENTED DELIGHTS

Solid Perfumes

- 1 l (1²/₃ pt) paraffin wax
- 10 g (1/3 oz) oil of lavender
- 10 g (1/3 oz) oil of rose
- 10 g (1/3 oz) oil of lemon



Simply melt the paraffin and then slowly pour the oils into it while stirring. Pour into lined match boxes, small jars or small chocolate or jelly moulds. When the perfume blocks are solid take them out of the moulds, wrap in cellophane or cloth and tie with ribbon. These perfumes are ideal for carrying in the pocket or keeping in the drawer to scent clothes. Try rubbing some on the corner of your towels or curtains for a fresh fragrance.

Lip Balms

- 1 cup coconut oil
- 1 cup beeswax
- 1/2 cup castor oil
- fragrant oil of your choice

Place the coconut oil and the beeswax in a pan over hot water. Stir until melted then add the castor oil. Stir well to combine all the ingredients then add your fragrant oil drop by drop until the scent you require is established. Remove from the heat and pour into small jars or prepared small containers and leave to set. Before giving these as gifts add a pressed and dried flower to the top of each jar of balm, replace the lid and wrap with tissue paper or rice paper. Decorate each gift with a little of your personality.

Bath Oils

For centuries women have been using oils in the bath to soften and scent their skin. These oils will float on the surface of the water but will 'cling' when they come in contact with the skin. Massage the oils into your skin gently and blot rather than rub your skin dry when you get out of the bath.

- 1 bottle sunflower or olive oil
- 1 tbsp baby shampoo
- fragrant oil of your choice

Combine the sunflower oil and baby shampoo and shake

well together. Place into the bottles or jars you intend to use and then add the fragrant oil drop by drop. Shake to combine. Decorate by placing a few coloured marbles in the bottles (these also help to mix the oil before adding to the bath) or simply tie a bow around the neck of the bottle. You can use almost any good quality vegetable oil for bath oil and if you choose the coloured oils your gift will look quite unique. This gift would be nice accompanied by a drawstring bag filled with dried herbs. This bag can be hung around the tap while the bath is filling or just thrown into the bath.

Filled Sachets

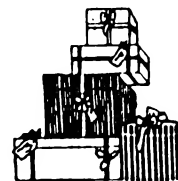
- muslin
- herb or flower filling
- ribbon and thread

Sachets can be filled with an array of beautiful scented herbs or flowers. Try to pick a theme and use the flowers or herbs that suit that theme, e.g. bath sachet: use herbs that are soothing or flowers that are highly fragrant. Bath herbs include balm, bay, rosemary, marjoram and spearmint. Sachets for sleep pillows or drawer scenting would need different combinations of herbs. When you have chosen a theme make a sachet of about 15 cm (6 in) square. Thread the ribbon through to make a drawstring and then if you're handy sew on a flower or symbol that is relevant to your sachet. Keep the whole sachet colour co-ordinated.

FABRIC AND PAPER

Covered Books

- notebooks (hardcover)
- variety of close-weave fabrics
- spray fabric adhesive
- coloured card



Take your notebook and measure the fabric so that it covers the book with 2 cm (1 in) each side to spare. Working quickly, spray the fabric adhesive onto the fabric and join to the book. Smooth out the fabric, being careful not to move it too much. Leave the book to dry thoroughly then cut the card to fit neatly on the inside cover. This will hide any uneven edges and make the job look more professional. You could even write your Christmas message here! If you do give these as gifts then give two or three per person as they come in very handy. Change the fabric patterns though, for different uses and tastes.

This idea can also be used for handmade paper, either made by you or bought from a market, woven paper or even children's drawings. The children will love the idea of their pictures on a book and you will enjoy this way of using up their 'artistic creations'! A great gift for Grandma or to send overseas. Collages from magazines could be used too. Make the collage on a sheet of paper before sticking to the book. It will look better and is safer if you make a boo boo. Make sure that you

glue down all edges carefully so that they do not lift when the book is being used.

Anyone who received any of these handmade gifts will surely love them. A simple basket filled with all of these

presents would be a wonderful surprise for anyone. Use your imagination and you will come up with some more ideas to make this Christmas a truly happy one.



A SPECIAL THOUGHT FOR CHRISTMAS

by Julie Massey, Mudgee, NSW.

During the time that I have been on this earth, my values have changed considerably – and I am not Methuselah, only 30 years old. When I was little, one penny was a lot, being enough for a good sized bag of lollies. As I grew older, valued commodities changed e.g. sheer pantihose in my teens were a luxury and worth saving for. That was in the good old days, before I realised I wasn't immortal and needed to care about my environment and quality of life.

Having children 1000 km away from one set of grandparents meant, among other things, starting to value priceless things like letters. I'd always enjoyed writing letters to relations and friends, a cousin in the Vietnam war, penpals, even formal letters to businesses or government departments. And the enjoyment of seeing your name printed across envelopes of all sizes and shapes is immeasurable. The anticipation of knowing a letter is due is only slightly better. Good news and bad news – it's all a continual cycle of life and means a gift really, of time and love. By writing a letter, I've always had the same feeling, as if I were giving a special present to a friend or relative. Children's photos and pre-school paintings were an

added bonus, when enclosed with the pages of handwriting. All the gossip from home, the wedding, birth and death notices, are all read and re-read and the news digested. The typewriter was out, almost like sending a computer written page to someone. Telephones too – they're so impersonal and mechanical.

People were writing letters hundreds of years ago and they are one of the beautiful things created that haven't really been superseded by something bigger and better. My husband wonders why he feels sad when looking in the mailbox. He misses the anticipation of a handwritten letter written especially to him – not just 'Mr and Mrs' but 'Mr Alan Massey'. I think I might just write a quick letter and post it to him!

Why don't you do the same – write a letter, even if only a brief one, to someone who's missing you or who you've been meaning to keep in touch with but just not got around to doing anything about it, till now. Christmas is a time for remembering loved ones, and an ideal time for putting pen to paper and sharing special thoughts and feelings. It doesn't have to be something that will last a hundred years, just a quick note to say 'I'm thinking of you'. And wait eagerly for the replies!



CRAFTY COVERUPS

by Marg Atkinson, Ferryden Park, SA.



Stop! Now think – do you really need to buy all those coloured Christmas wraps and cards, only to have them torn up and thrown away once they're removed from the gifts they conceal? Far better to save our precious natural resources (and money!) by recycling materials already stockpiled from past occasions. Here are a few quick tips for ways of dressing up your Christmas giving – without it costing the earth!

- Wrap your gift in something useful – tea towel, scarf, chamois cloth or pillowcase that the recipient will appreciate for itself.

- Place several small gifts in an attractive little basket (still cheap to buy) that will have future decorative uses.

- Decorate clean ironed butchers' paper with that old kids' standby – fingerpainting. All over regular patterns in single colours or muted shadings are most effective. This is great for gift cards too, or you can do without cards entirely by writing your message across the paper as a repeating decorative pattern.

- Buy some packets of small stickers and use them to make dramatic swirls of stars, spots or whatever across your plain paper. Larger cutouts in contrasted colours can be added for extra effect.

- Even newspapers can be recycled. Colour in a double page of comic strips and use to wrap kids' presents – they'll love it.

- Don't throw out old wrapping paper, even if it's seen better days. Combine two pieces in complementary colours for a

half-and-half look in gift wrapping. Cover the join with ribbon. Or cut into strips about 1-2 cm (1/2-1 in) wide and 'weave' onto a base of a different colour and pattern. Hint: it's easier if the base strips are not cut quite to the end of the sheet of paper, but are left attached about 1 cm (1/2 in) from the end.

- Make those extra decorative touches from recycled paper too. Fringe a long folded strip of tissue paper and roll up to form a floppy 'pompom'. Cut narrow strips (about 5 mm/2/16 in wide) of colourful paper and gently stretch each between thumb and blade of scissors till it curls up tightly, or roll slightly wider strips into scrolls (tight even circles) and fasten onto packages with sticky tape.

- Find a use for all those old greeting cards you can't bear to throw away. Cut out shapes to brighten up plain paper parcels, or stick onto cardboard and make into a Christmas mobile to hang near the tree.

May your Christmas decorations have many happy returns to favour and usefulness.

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GRASS 26 ROOTS

DRYING AT HOME

Drying is the oldest method of food preservation known and is certainly still the most economical. Whilst many of us have successfully dried excess fruit on trays out in the sun or hung bunches of herbs from the ceiling, not everyone has had luck with these hit and miss methods. Several readers have sent in their solutions to reliable drying at home – we hope there is one to suit and help with your garden surplus.

A SOLAR PYRAMID DRYER

by Isabell Shipard, Nambour, Qld.

On our herb farm we grow a large range of culinary and medicinal herbs. Over the years we have been asked by herbalists, naturopaths and many other people whether we can supply dried herbs, so we have gradually extended the gardens to make this possible. For some time we had dried herbs on mesh trays or in boxes in the shade. Turning the drying herbs was always time consuming, and bringing them in at night or during rainy weather were extra tasks.

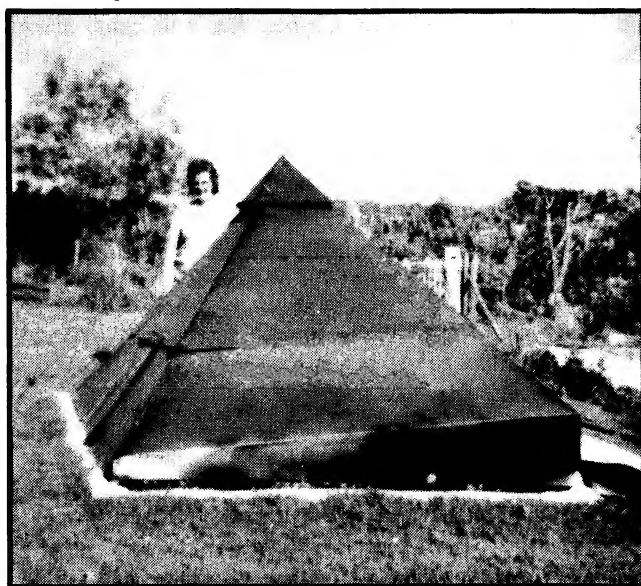
We had read about pyramids, of their benefits in food preservation and as energisers. My husband's inventive mind contemplated the possible benefits of the pyramid shape in drying herbs. Many people researching pyramid power have found that there is an energy imparted with the angular shape of a pyramid that acts like a cosmic antenna, to collect, concentrate and radiate a universal high frequency energy which has a positive effect on all forms of life. So with pen and paper, Derrick worked out different sizes and also the economics of building a pyramid drier. He wanted something that would be strong and lasting and not too costly.

The triangular pyramid frame was welded out of 19 mm ($\frac{3}{4}$ in) yellow band pipe. The base was mounted north/south on a concrete floor slab. The main angle of the pyramid is 51° 51'. Measurements are important, as the power is derived from the exact angles of the pyramid. The pyramid shape is in two parts:

- the base and to one third of the way up the pyramid sides, which represents the king's chamber level;
- the top half of the pyramid, above the king's chamber level to the point of the pyramid, which is also built of round pipe and hinged to the base, so it acts as a lid that can be lifted.

The framework is covered with sheet metal riveted to the pyramid frame. The metal is painted black. The base also has a doorway for easy access when the top is lifted as the lid. At the king's chamber level 5 x 5 cm (2 x 2 in) mesh makes a shelf for the seven trays to be supported at the optimum drying level. Studies show that a third of the way up in a pyramid is the place of most intense energy. In the Great Pyramid of Egypt, this height is the king's chamber level. The trays are constructed of wooden sides, 12 cm ($\frac{4}{3}$ in) deep, with a flyscreen mesh base to allow air flow through the bottom of the tray. Air vents at the top of the pyramid also allow air flow. Extra trays can be placed on top of one another or at the base of the pyramid.

After several weeks of thought and work, we were ready to try the effectiveness of the pyramid. We cut the herbs with a small power driven green feed cutter. The cut herbs were then spread on the trays and placed in the pyramid. Our first batch of herbs – catnip, alfalfa and motherwort – were dry in 2 days, and looked lovely, retaining a good green colour. In fact the catnip leaves were greener than when fresh, as catnip usually has a grey tone. My husband suspects that the pyramid energy



Isabell with the unique solar pyramid dryer.

could be having a similar effect to the process of snap freezing, with the colour and goodness retained.

Sunshine Coast weather is proving ideal for solar pyramid drying, and now more kinds of herbs are cut and dried more efficiently and effectively. We are seeing that 'pyramid energy' with the particular angular shape of the pyramid acts like a cosmic antenna to collect, concentrate and radiate a universal, high frequency energy which is giving a very positive effect. Other herbs we have dried this past spring include red clover, chickweed, mullein, speedwell, mints, herb robert, gota kola, mallow and marshmallow, elderberry, greater celandine, fennel, dill, borage, comfrey, nettle, horsetail, sage, rosemary and lemon verbena as well as aromatic herbs for potpourri.

After drying, the herbs are packaged and labelled and have found a ready market, with many customers returning and remarking on the quality. We find that many people are reluctant to purchase dried herbs that may have been grown on European soil because of the Chernobyl affair, with the fear of possible high radiation contamination, so Australian grown products are most acceptable. We will be experimenting with other items in the pyramid soon, like fruit and vegetable drying, sharpening knives and blades, polarity work and human energising.

Our solar pyramid dryer is proving a valuable asset to our herb farm, and is of great interest to people who call and are fascinated by the black pyramid.

If you would like to see the pyramid in operation or take part in one of the regular farm walks, write with SAE to Shipards Herb Farm, Box 66, Nambour 4560. Ph 071-441-101.

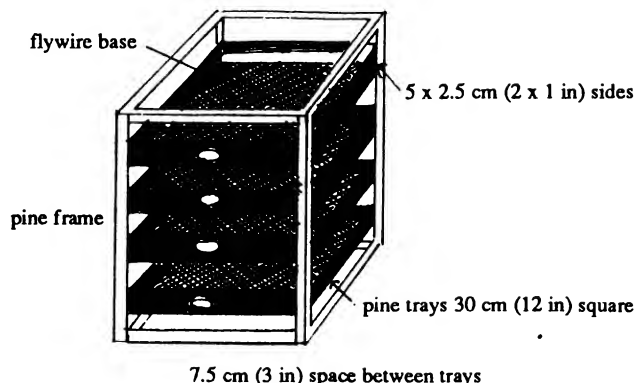
HERB DRYER

by Adriana Fraser, Emerald, Vic.

All winter we were without fresh herbs – they die down during the colder months up here in the Dandenong Ranges. We had eaten them fresh all summer with carefree abandon, not giving a thought to the coming winter until it arrived. What a bleak winter it was, with no 'real' herbs (the commercially dried stuff leaves me cold). Spring approached and my thoughts turned towards an easy and efficient way to dry herbs for the following winter. I asked my husband Ian if he could make me a timber tray with a flywire bottom that I could use as a drying rack. Being a perfectionist by nature he came back a few hours later with a very classy looking herb dryer.

It is made up of four 5 x 2.5 cm (2 x 1 in) dressed pine trays, 30 cm (12 in) square with fly wire bottoms – he used metal flywire for its rigidity. Each tray has a small wooden knob on the front for ease of handling. The trays are set in a pine frame (similar to a small chest of drawers) and each tray is spaced 7.5 cm (3 in) from the next to assist ventilation. The whole unit was painted with a couple of coats of Estapol and looks attractive enough to place on the kitchen bench.

I find most herbs dry overnight with the exception of rosemary, chamomile and other flowers which take a couple of days. I usually collect the herbs mid morning and chop or strip them of the tougher stems before placing them on the trays. I find this method preferable to drying whole sprigs which take longer and consequently lose more of their colour and flavour. The herbs retain their colour far better than when dried by any other method I have used (hanging etc). The cabinet is in the kitchen and because of this I am able to observe the



process closely, putting the dried herbs into sealed jars as soon as they are ready and replacing them with fresh ones constantly during the growing season.

FOOD DRYING TIPS

by Roger Palazzo, Queanbeyan, NSW.

Drying food is fun, easy and inexpensive, as it is simply the process of removing moisture. You can have garden fresh flavour all year round, because dehydration preserves important nutrients and concentrates the flavour of the food. Storage is easy too, as dried food takes up much less space and does not use continual electricity to maintain its quality, as freezing would. I've been using an Excalibur home food dehydrator for some time and found the following tips to be helpful:

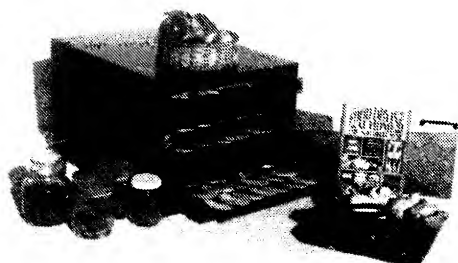
- Preparation is easy. Just wash and slice the food and place in a single layer on the trays.
- To give more even drying, rotate the trays 180° halfway through the cycle.
- Sodium bisulphite will help keep the colour of the food, but I don't recommend adding anything.
- After drying, the food stores easily in airtight containers and will last for years. Check 2-3 weeks after drying and if there is any moisture visible return the food to the dehydrator for further drying.
- When using the food in cooking it takes a while to work out the correct quantities e.g. a handful of dried tomatoes is equivalent to ten large fresh ones.
- The variety of uses for the dehydrator is amazing. You can dry herbs and flowers, raise bread, make yoghurt and cottage cheese, glaze fruits, concentrate soup stocks – endless possibilities!

Roger markets the Excalibur home food dehydrator (featured in 'Round the Market Place, GR 72). For more information on the dehydrator or on home food drying in general, contact him at PO Box 1298, Queanbeyan 2620. Ph: 062-973-348.

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PHYSICAL PLANT PROTECTION METHODS

by John Mason, Lilydale, Vic.

Whatever type of plants you grow – orchard or shade trees, ornamental shrubs, flowers or vegetables – you will find that at some stage you're going to need to protect them from the effects of weather or damage by pests. Plants may also require support in times of rapid growth or maximum fruit production. There are a variety of methods you can use, so the one you choose will depend on the needs of the plant – and what you can afford!

PHYSICAL SUPPORT

Staking

Plants are staked for the following reasons:

- To support weakness in plant tissue until it strengthens (i.e. if wood is soft and liable to break, the stake supports it till it gains strength).
- To reduce likelihood of damage through movement – wind may break the plant at the base – or encourage the plant to grow more upright.
- To protect plants from physical damage through vandalism, mowing or cultivation by actually placing a physical barrier to disturbing the plant. This is especially valuable with small plants which would otherwise be overlooked and easily damaged.
- To support transplanted plants (where the root system was cut back), until the roots can regrow and establish a firm hold in new ground.

The main dangers with staking are:

- Leaving ties on a plant too long – the stem grows and the tie cuts into the bark, ringbarking the plant.
- Tying too tightly to the stake – if the plant does not move in the wind, the root system or trunk may not develop adequate strength to support the plant when the stake is removed (see diagram 1).

Other Methods of Support

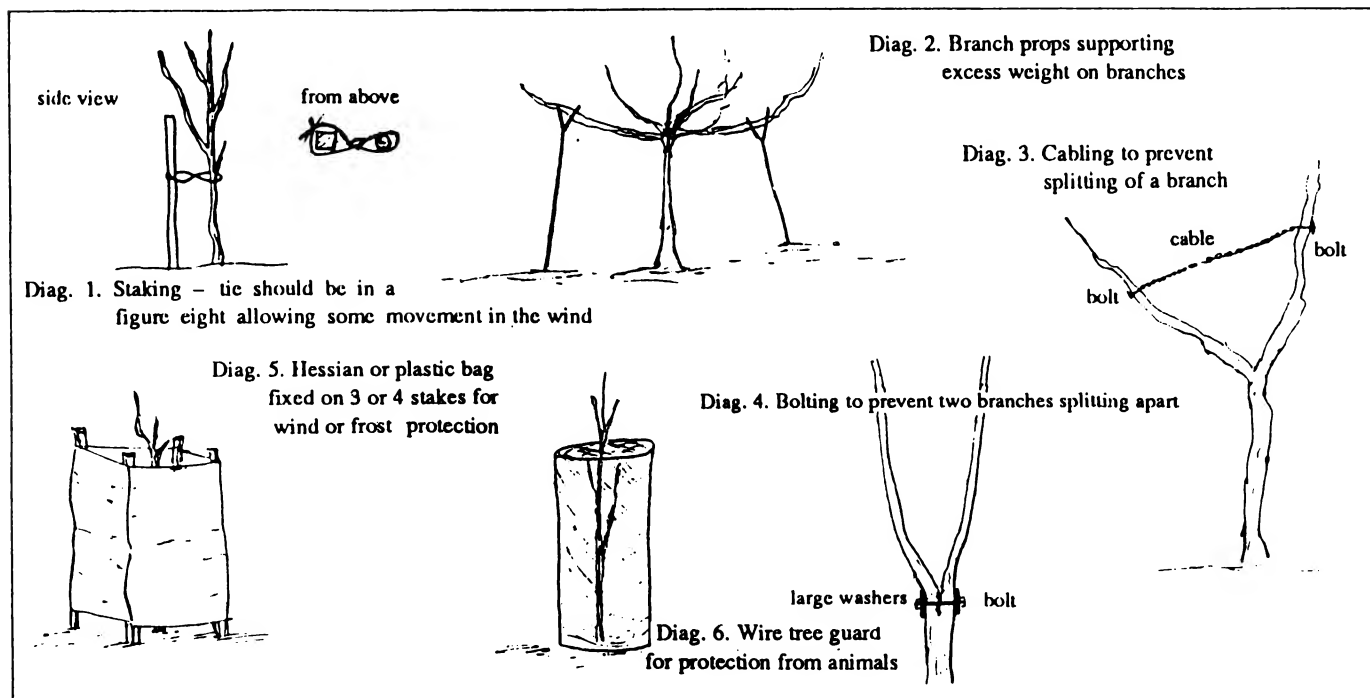
Props physically support branches which are in danger of breaking. They are often used in orchards to support branches heavily loaded with fruit. They may also be helpful in ornamental gardens to preserve the shape of old, established trees (see diagram 2). Cabling is a technique where two branches are joined together with a wire cable, tight but not tensioned. The branches support each other and are stopped from splitting apart (diagram 3). A bolt may be placed through a section of a tree which is either beginning to split apart, or is in danger of splitting (diagram 4). Large custom made washers (10 cm/4 in or more in diameter) are used at both ends of the bolt.

SHELTER FROM THE WEATHER

Frost Protection

Frost protection can be organised in the following ways:

- Having a vertical wall (temporary or permanent) close enough to the base of the plant, and high enough to overshadow the plant. This wall must be twice the height of the plant and located within a distance of half the plant's height, or 4 times the height of the plant and located no further away than a distance which is equal to the height of the plant. This can be achieved by planting close to a fence, wall or other structure, or by placing a temporary wall/cover around the plant, such as a hessian bag fixed over stakes (diagram 5).
- The crowns of tender perennial plants e.g. globe artichokes, can be covered by organic material such as dry straw over the winter. In cold climates such as Poland, roses are cut to ground level and covered with straw over winter for protection from frost and snow.
- Air movement – fans are used in some fruit growing operations to keep air moving at times when frost is likely.



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Frost pots are also used in fruit growing to keep air moving. Pots in an orchard burn cheap fuel, this creates air movement and reduces frost problems.

- Water – sometimes watering can be enough to stop frost damage, provided it is done at the right time of day and in sufficient quantity.

- Covering – shade cloth or greenhouse film may be erected over plants during frost prone periods. Large plastic or hessian bags can also be used. Individual plant coverings may need to be put in place at night and removed the following morning for best effect.

Sun Protection

Shade cloth is the best way of protecting plants from severe effects of sunburn. If a plant is exposed and continually burning, then it is probably best to move it to a more sheltered spot, or get rid of it since it is obviously not suited to local conditions.

PEST DETERRENTS

Cages

Wire or plastic guards are available for individual plants. These are useful to keep animals (possums, cattle, goats etc) away from young plants, but in the long term must be removed. Cheap mass produced ones, often made from biodegradable or recycled materials, are readily available, or you can make up your own from whatever materials are to hand – oil drums, tyres or scrap timber (diagram 6).

Bird Control

Various methods can be used here, with differing degrees of success. Scarecrows made from old clothing flapping on a wooden framework may be successful in the vegie garden. In orchards, bird netting over the trees or scareaway fibre or reflective tape draped through branches will deter some birds. Wine cask bladders can be inflated and hung where they will turn in the wind, reflect sunlight and give an impression of human movement. Scareguns set to go off at irregular intervals will discourage some pests – and upset some neighbours. Even artificial hovering hawks are useful, provided they don't frighten the chooks too much. Anything that flaps, rattles, sparkles or hums can and should be tried, though you may need to resign yourself to losing a certain amount of your crop each year to feathered marauders. After all, they help to control other pests, don't they?

SLUGS BEWARE

Scientists in the UK believe they may have found a harmless replacement for slug pellets – a beetle that loves to eat slugs. Researchers at University College, Cardiff, are delighted by their discovery of *Abax parallelepipedus*, as no other common species is known to share its taste for these slimy creatures. Most predators are deterred from eating slugs by the unpalatable ingredients produced from their slime. Not so Abax – it loves them. If further research shows them to be viable commercially these beetles may be distributed, at the pupal stage, to farmers for protection of valuable vegetable crops, thereby avoiding the need to use toxic pellets which wipe out useful predators as well as pests. Don't forget that a simple slug trap can be made by setting a shallow container of flat beer into the soil so that slugs are attracted to it, fall in and drown.

'Jeburra' Farm

by Jenny Forman, Tanja, NSW.



John and I and our two young children live on 5.25 ha (13 ac) at Tanja near Tathra, and grow vegetables commercially –without pesticides, of course. We started about 10 years ago, basically with the thought that we would like to live in the country and do something with the land.

We began building about 4 years ago. One of the greatest stresses that we have seen people under is living in temporary accommodation (shed, caravan, or tent), with young children and not much money, while trying to build a house. Many of these houses take 4-6 years to complete and many relationships don't last that time. John and I decided that farming rather than building was what we wanted to spend our time on, so bought a package home that was completed to lock-up stage in approximately 4 months and reasonably finished in about 18 months. Unlike many handcrafted houses, ours is not a particularly interesting design. It also cost a lot more, but it was livable quite quickly, which has allowed us more time to work on the land. Plus we're still together.

Our experience in farming was fairly limited – home vegie gardens and ideas gained from reading a few books. This inexperience showed in our choice of land. What we thought looked like rich black soil was in fact wet grey loam. It was compacted, acid (pH 5), contained very little organic matter, grew blackberries and kikuyu successfully, but was at least well drained. In an effort to open the soil and let more air and light in, and to enable plants to send their roots deeper, we chisel ploughed on the contours as Yeoman suggests, and then sowed covercrops such as oats, rye corn and dun peas. These have been slashed and chiselled back into the ground, thus contributing to the increase in organic matter.

Blackberries were cut down with a scythe, burned and the crowns grubbed out. Two time consuming follow-up 'grubbings' were necessary, and now any new shoots are quite easy to pull out. Kikuyu grass has been the trickiest to control. We are still experimenting, but have found that cultivating before frosts or in the heat of a long dry summer knocks it back. Also, if a vigorous grower with good leaf cover, e.g. spuds, is planted as soon as possible after frosts it can compete, forcing the kikuyu to grow vertically rather than mat the ground. When the spuds are dug, so too is the grass. Last year we planted 1350 sq m ($\frac{1}{3}$ ac) of spuds and beans and found the kikuyu runners could be easily pulled out if we were vigilant. The trick is probably to dig it up initially (e.g. on larger areas by chisel ploughing in both directions and raking up as much grass as possible) and never let it get a hold again by keeping the area covered with either food or green manure crops.

Deciding on the best crops to grow has taken a few years but is becoming clearer to us. While the house was still under construction, we decided to fence a small area and plant asparagus seeds, with the expectation that in 2 years time we would have an area prepared for their permanent beds. Asparagus appealed to us because it is a fern and, since bracken fern flourishes here (along with the blackberries and kikuyu), we hoped that it might too. Also, it doesn't mind a slightly acid soil, it is perennial and usually sells for a good price.

Much work has gone into keeping the seed bed weeded; in preparing the 1350 sq m ($\frac{1}{3}$ ac) permanent site; digging up, separating and planting what ended up being approximately 4300 crowns; setting up irrigation; keeping the permanent bed weeded, and so on. We have since wondered whether permanent

crops are worth the extra trouble in weeding by hand, rather than the ground being cultivated for weeds between crops. However, with our asparagus and 2500 strawberry plants, it's a little late to start thinking that way. Also, at the moment we feel good about our asparagus patch, as weeding and mulching with sawdust has just been completed and lots of green spears are beginning to appear. They're nice and fat, taste great, sell for \$2.00/250 g (1/2 lb) bunch and are in much demand.

Marketing of our produce has also developed over time. Our first sale was 1.5 kg (3 1/4 lb) of snowpeas to a Chinese restaurant. I remember being particularly happy with this because before that I wasn't convinced that we would really be able to sell our stuff.

Our next milestone was green beans. John mixed some seeds in a clay slurry (as suggested by Fukuoka in *One Straw Revolution*) and threw them on a small area as a cover crop. The beans that resulted were crisp, stringless and there in vast quantities. Our first pick resulted in 10 kg (22 lb) and we had no idea how to get rid of them. Sitting by the road with a sign for half a day resulted in a 500 g (1 lb) sale to a neighbour, so then I went door to door in a nearby town until the rest were sold. This was continued in conjunction with selling small amounts to local restaurants and a wholefood shop in Bega, until we had enough produce to also send to a wholesaler of organic produce in Canberra. We now find that we prefer to organise our time to pick twice per week and have our outlets and gate sales fit in with this.

There has been some talk recently from NASAA (National Association for Sustainable Agriculture Australia) and the larger wholesalers of organic produce that organic produce should be certified as such. We agree with this in principle, as consumers should be confident that they are getting the real thing, but I am concerned about another motive that may lie behind this idea. Such certification is seen as necessary by the large supermarket chains if they are to stock organic produce alongside the conventionally grown. Wholesalers and growers may see this as opening up a massive market, but I see the scenario of packaging, transporting and distributing our produce many hours and miles from where it was grown as somehow missing the point. Our idea of sustainable agriculture includes supporting those in our locality who may want to retail our produce, and working with them to ensure that our produce reaches the buyer as soon after picking as possible, that the cost is comparable to conventionally grown vegies and that packaging and transport costs are kept to a minimum. We achieve this with the wholefood shop in Bega and recently with a retailer in Pambula, who receives our vegies the morning after picking and packs them into boxes for customers who have left an order earlier in the week and who then collect them the same day.

The cost and time involved in setting up the market garden (which is still happening) took us by surprise. A few trial gardens were established i.e. fenced for rabbits, with makeshift irrigation (soaker hose from dam) and the ground basically unimproved. These taught us that makeshift gardens are not successful. We then rabbitproofed the whole property, put in two large dams and had two smaller ones dug out, set up irrigation – stainless steel pump, holding tank, pipe and sprinklers – which came to around \$10,000. We've found that

machinery is also necessary and have a Goldoni cultivator and a tractor – another \$6500.

Our interest in the biodynamic method of agriculture was further stimulated by a meeting with Alex Podolinsky at a compost-making field day. The discipline of BD, and the fact that it is a complete system of farming that works largely on improving the soil structure and fertility, and takes into account cosmic influences, appeals to us. We are waiting till spring to see the effect that our first applications of BD compost and the 500 spray have on the soil and therefore the growth of plants.

The time has not been without stresses, the main one that we've had to deal with being the pressure of time – having five tasks that need your attention that day, but only time for two. It has taken us a couple of years to reach the simple conclusion that expectations are what set us up for disappointment, and that we need to be satisfied with the fact that we put in a day's work or a few hours' work, with less consideration as to the result. So when we plan to chisel a paddock, sow and water 1350 sq m (1/3 ac) of seed, but instead the tractor won't go and all day is spent on it – that's OK. We are getting to the realisation that no task is more important than another, and that concentration on the task at hand is a good form of meditation.

Since moving here, we have been involved in the Bega Steiner School, local organic growers group, WWOOF (Willing Workers on Organic Farms) scheme and other community groups that have brought us into contact with some great people, who have added to our pleasure in living here. However, in the end, you can't beat the pleasure and satisfaction that comes from making your living by doing something that you feel is worthwhile and which you therefore enjoy. That's still us.

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Co-operative Games

Many people feel that playing competitive games helps children to develop skills needed to survive in a competitive society – aggression, ambition to be best/first, and emotional toughness. However, qualities which enable an individual to get along peacefully in society are arguably more important now than ever before. Co-operative games help to develop qualities such as compassion, empathy, good self-esteem and the ability to share by allowing children to participate without fear of missing out or losing, and to contribute their best to a group effort, whatever their abilities may be.

SUGGESTED GAMES

Try these variations of common group games.

Musical Chairs

The children walk or run around a circle of chairs or cushions one less in number than the number of children. The music stops. All the children scramble to fit on the remaining seats, sharing space to make sure everyone is seated. Another seat is removed and the music starts again. Eventually, all the children are trying to help each other fit onto one chair or cushion!

Lap Sit

At least 8 people form a tight circle by standing facing towards the centre, then all turn to the right, grasp the waist of the person in front of them and take one step to the centre to tighten the circle. Everyone then tries to sit on the knees (not the thighs) of the person behind them, creating a sitting circle. Each person has a turn at commanding the circle to perform a variety of collective actions, e.g. clapping hands, touching the floor, taking steps forward.

Back and Up

Two people sit back-to-back on the ground with their arms linked and try to stand up at the same time by pressing their backs together. Variations can be dreamed up, e.g. one-legged stand-ups, arms folded across chest and eyes closed.

Pass the Message

The children sit in a circle. One person whispers a message to the person on his/her left. The message is passed around until it returns to the originator, but is it still in its original form?

Cover-up

Place a large coin in a bucket or bowl and cover with 15 cm (6 in) of water. Divide about 15 small coins among the players and let each take a turn dropping a coin into the bucket, trying collectively to cover the larger coin completely.

Colour Touch

Remember 'Twister'? Children stand in an open space and are then asked to touch something of particular colour with their right hands. They must then keep their right hands there and touch another named colour with their left hands. Then right feet, left feet, heads, etc. The idea is to help each other.

HEADLICE TREATMENT

For this common childhood problem, try boiling up 125 g (4 oz) of quassia chips (the wood of *Picrasma quassoides*, a West Indian tree) in 2.3 l (1/2 gal) of water for an hour. Cool and pour off the liquid. Daily shampooing with this should get rid of all the nits or eggs within a week. Diluted, it's useful for spraying aphids too.



Resource List

The Co-operative Sports and Games Book and *The Second Co-operative Sports and Games Book*, by Terry Orlick (Pantheon).

The New Games Book, ed. Andrew Fluegelman, New Games Foundation (Doubleday).

Co-operative Games Manual, by Jim Deacove (Family Pastimes).

The following two companies produce a variety of co-operative games and you can write to them for a free catalogue.

Animal Town Game Co, PO Box 2020, Santa Barbara, CA 93120 USA.

Family Pastimes, RR4, Perth, Ontario, Canada, K7H 3C6.

Reprinted from *Otherways*, March 88, Issue 39, newsletter of the Alternative Education Resource Group Inc, 39 William St, Hawthorn 3122.

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SAFE GARDEN SPRAYS

With the ever growing concern for our environment and so many people asking 'But what can we do? How can we help?' we felt it timely to include this listing of natural solutions to common garden problems. When dealing with 'pests' it's important not to attempt a blitzkrieg approach that aims for total destruction. Consider carefully whether the insects or disease organisms on your plants are actually a serious threat to your crop. By planting a few extra rows, using other plants as deterrents or distractions and encouraging natural predators you may still be able to achieve a satisfactory yield without upsetting the balance of your garden ecosystem. If you do need to intervene, here are some safe alternatives to chemical warfare, drawn from some of our favourite organic magazines (listed below).

GARLIC SPRAY

This is effective against snails, aphids, codlin moth, white butterfly, caterpillars, wireworm. Soak 90 g (3 oz) chopped garlic in 2 tsp mineral oil or liquid paraffin for 48 hours, add 600 ml (1 pt) water and 30 g (1 oz) pure soap. Filter mixture and store in plastic container. Dilute, using 1 part solution to 99 parts water. Strengthen if necessary.

DERRIS DUST

This is an effective all-purpose insecticide acting as a stomach poison with a longer toxicity than other organic sprays – about 48 hours. It is effective against hard backed insects (beetles, bugs) as well as soft bodied (caterpillars, etc) bugs, but use carefully, as it will kill ladybird larvae, lacewing, some predatory wasps, flies and bees. It also kills fish.

SLUG AND SNAIL SPRAY

50 ml eucalyptus, dash of detergent, make up to 500 ml with water. Spray around vegies and seedlings to deter slugs and snails. Needs to be applied every couple of days, and after rain and watering.

HOME MADE SNAIL BAIT

Mix bran with pyrethrum powder and add some molasses to bind; plus a little water if required to make small cakes or balls. Place these in strategic positions and collect the dead scavengers next morning. Replace if necessary after a cloudburst or watering.

SKIM MILK SPRAY

This will keep tomato plants free of viruses and tomato mosaic. Use 1 part milk powder to 9 parts water and spray onto plants at 10 day intervals.

RHUBARB LEAF SPRAY

This is effective against aphids. Use 500 g (1 lb) chopped leaves to 1.2 l (2 pt) of water and boil for 1/2 an hour. Strain and cool the liquid and then add a handful of Lux flakes dissolved in 600 ml (1 pt) of water.

SEAWEED SPRAY

This spray can be used as a preventative for a range of fungal and bacterial problems, including curly leaf, brown rot, canker, silver leaf and black spot. It is also said to help frost resistance and general pest and disease resistance, as well as being a good foliar spray. Spray every three weeks at any time of the year. To prepare the spray, wash salt from seaweed, then leave

covered with water for three weeks. Strain off as much water as you need, dilute it until it is the colour of weak tea and spray.

GARDEN SPRAY FOR POWDERY MILDEW

This is effective against mildews on apple trees, cucumbers, marrows and the like, rose bushes and strawberries. Mix one level teaspoon of bicarbonate of soda with 2 litres of water, spray affected bushes.

EARWIG TRAP

These pests live under pieces of wood, bark, etc and become a problem when in plague proportions. Place pieces of corrugated paper in trouble spots, collect after a few days and burn. Another trap can be made from crumpled newspaper in an upturned flower pot – remove paper and earwigs and reset a couple of times a week.

SLATER TRAP

Set this trap up near the slaters' normal congregating spot. Place a large margarine container in a hole in the ground so it is just slightly below ground level, after having made a small hole in the bottom to drain off water. A piece of wire or stick is threaded through a slice of tomato, suspending it over the open container, then cover all with a little mulch. Slaters are attracted to the tomato, fall into the pot and cannot get out.

BORDEAUX SPRAY

Use this to control curly leaf, black spot, brown rot. Dissolve 260 g (9 oz) copper sulphate crystals in 4.5 l (1 gal) water in a non metallic bucket. In another bucket mix in 125 g (4 oz) brickies lime with another 4.5 l (1 gal) water, then combine the two mixtures together and use as soon as possible.

BORDEAUX PASTE

This may be used on trees with collar rot, wood-rotting fungi or wounds. Make up the paste by dissolving 60 g (2 oz) slaked lime in 300 ml (1/2 pt) water. Use at once.

WHITE BUTTERFLY REPELLANT

A spray made up from 2 cups of tomato leaves and stems boiled in 2 cups of water and then diluted with a further 4 cups of water and sprayed on brassicas will repel white butterflies. This may also be effective against grasshoppers.

PEPPER SPRAY

Soak hot peppers in water, or add cayenne pepper, and spray when plants are wet with dew to deter red spider mites. Spraying with plain water helps too, as mites will thrive in dry dusty conditions.

References

The following groups and publications have lots of helpful organic growing information. Enquire about membership and subscription rates.

Soil and Health, PO Box 2824, Auckland NZ.

Organic Growers Assoc of NSW, PO Box 2, Bringelly 2171.

Self Sufficiency Society, C/- BHC, Burnley Gardens, Swan St, Burnley 3121.

Gippsland Self Sufficiency and Conservation Group, RSD 96, Sheffields Rd, Neerim South 3831.

Brisbane Organic Growers Inc, PO Box 236, Lutwyche 4039.

The Living Soil, GPO 2497, Adelaide 5001.

The Organic Grower, PO Box 213, Wembley 6014.

Organic Growing, PO Box 228, Ulverstone 7315.

Doubleday News, PO Box 39-375, West Auckland NZ.

MUD, HARMONIOUS MUD

by Jennie Linnane, Falls Creek, NSW.



Light pours in through the glassed-in gable, giving a tree top view of the surrounding forest.

If you want to find out how fit you are, try making 1800 mud bricks. That's what our young friends Kate and Owen did. With help from parents, especially Owen's father, and a mutual assistance organisation known as 'Earthworks', their dream became a reality.

The mudbrick house, situated on five acres of beautiful Shoalhaven bushland, blends in well with its leafy surroundings. Cape Cod windows project from the living area and sleeping loft, lending the building the charm that belongs to slower, simpler colonial times. This atmosphere of yesteryear tranquillity was not attained at the cost of forsaking all things modern – quite the contrary. Electricity and town water provide all the conveniences and comforts modern living demands, and five minutes' drive to a shopping centre assures ready access to essential services such as doctor and ambulance.

Originally planned as a garage, the house is comparatively small, but its nine squares include the standard kitchen, bathroom, living area and bedroom (the novel sleeping loft). The overall dimensions of the house are increased by a large carport which accommodates an outdoor lifestyle traditional to most Aussies. Beneath the wide awning there is ample room for Kate's pot plants; a play area for visiting children; a cool spot for summer meals and relaxation; and a dry place in which to hang washing during wet weather. The two beloved dogs recline on their mats in this 'verandah' and it is an ideal shelter for winter firewood. In fact, the only thing not using the carport is the car!

The floor space of this area was paved with discs sawn from logs of turpentine. Apart from its handy availability, turpentine

was used because of a reputation for being white ant proof. Owen filled the spaces between the discs with concrete, but soon saw that this was a mistake, as the timber swelled in the wet weather and rose out of its bedding. He replaced the concrete with gravel which has a more attractive appearance and allows for the expansion of the pavers, although everyday foot traffic causes the gravel to scatter and occasional sweeping is necessary to return the pebbles to their spaces.

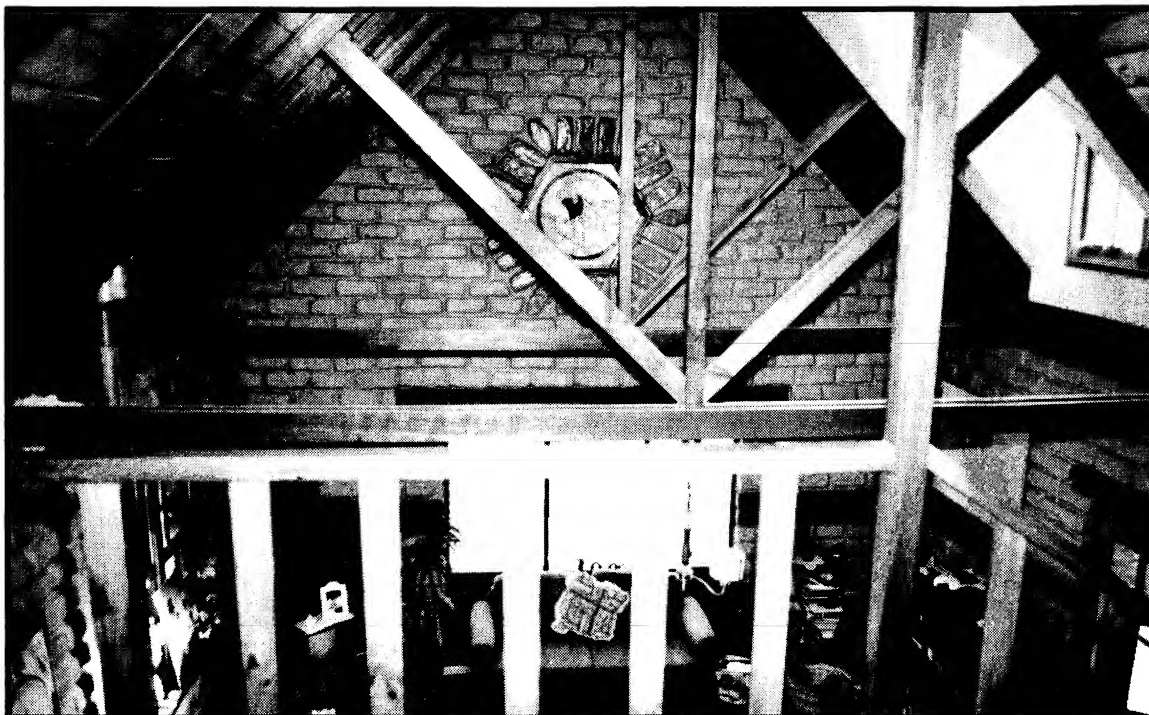
Beyond the carport is a well-tended Australian native rainforest in its vulnerable infancy. Kate, a trained horticulturist, obviously has expended much thought on the selection and positioning of these plants, and already the miniature rainforest complements the rustic quality of the house and entices small birds into the vicinity.

Built on a concrete slab, the house walls (3 m/10 ft high and 300 mm/1 ft thick) are of load bearing construction, so the roof was last to go up. Kate and Owen liked the idea of wooden shingles, but in this flammable environment they were impractical, so they settled for the safer Colourbond iron. Little was lost aesthetically, as the roof's olive colour enhances the ochre tones of the bricks and the dark brown lintels.

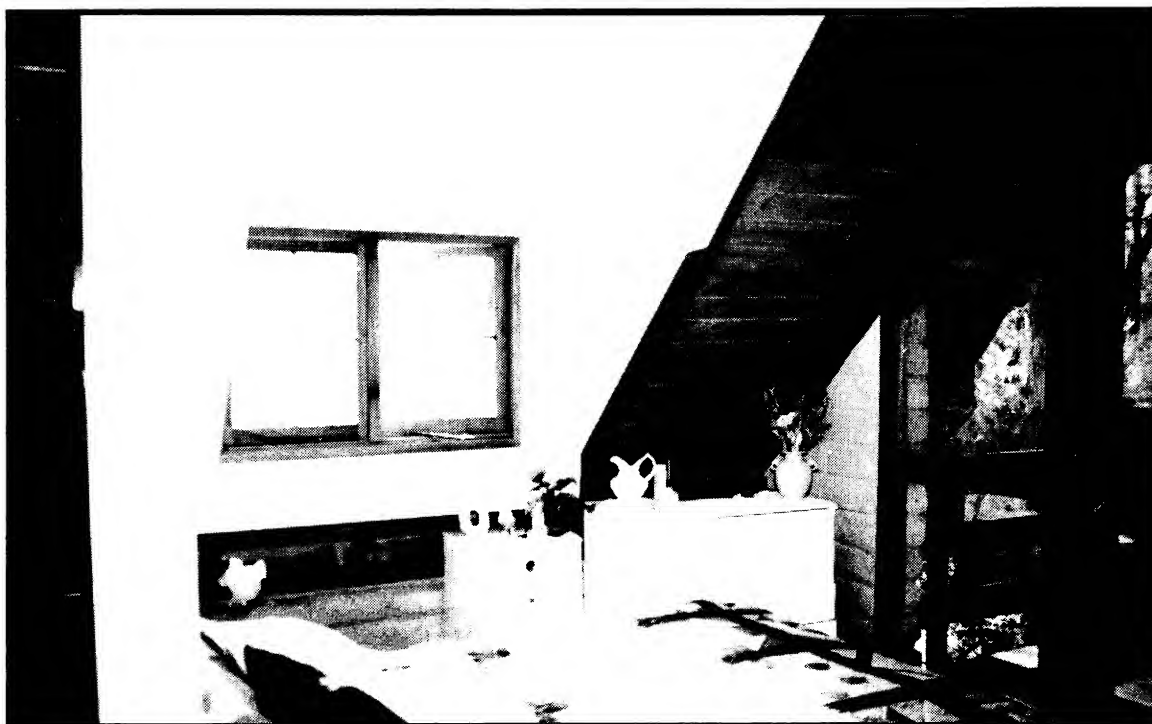
The windows, however, became an early casualty when a gang of white cockatoos decided to test their beaks on the maple frames, biting off large pieces of the thinner wood dividing the panes. They also attacked the balcony doors of the sleeping loft. 'The birds were very tame and we liked seeing them around,' Kate said, 'but when we discovered how destructive they could be we tied balls of crumpled newspaper to the windows to chase them off. They've never returned.'

A unique feature of the house is a beautiful hexagonal leadlight window bedded into the wall below the apex of the tall gable. This work of art depicts a grey and pink galah, wings spread, alighting on a gum tree branch. The window was a wedding present from a friend, Stephen Abrahams, who makes them in his spare time. Such a window would normally cost about \$1400 as eighty hours of labour went into the making of it. The window was easily installed – they built a frame for it first, and then Stephen put it in, bricking around it.

Internally, the open plan of the house promotes a feeling of spaciousness. From the broad carport you proceed through the entrance – beautifully preserved double doors made of Baltic pine and glass, salvaged from a demolished building – into the living room. The ceiling here is the actual gable roof (highest point 6 m/20 ft), which is lined with pine from packing cases. These boards had to be planed and sanded and, after being nailed into place, lacquered with Estapol to preserve them and to bring out their rich honey colour – a lot of work, Kate said,



Lovingly polished pine ceiling and unique hexagonal leadlight window feature above the living area.



Dormer windows lend old world charm to the compact sleeping loft tucked under the gable roof.



The eyecatching glass blocks set into the kitchen wall are practical too, allowing extra light through the mud bricks.

but well worth the effort. The first thing you notice when glancing up at the sloped ceiling is the late sunshine pouring in through the windowed gable of the lofty Cape Cod roof. Ample light also comes through the two sets of eight-paned dormer windows and from the large triple window at the front of the building. A modern kitchen is separated from the living area by a servery bench and the compact bathroom is situated behind the stairs.

The steepness of the staircase leading to the bedroom is reduced by two successive triangular landings dividing the sixth and seventh steps. The stair railing is extended to take the place of a dividing wall and does much to contribute to the open feel of the house. Privacy from downstairs view is assured here by the very height of the bedroom floor from the base slab, and by the full wall behind the stairway.

The open design has one drawback though according to Owen. The potbelly stove in the living room is too small for such a big area, so a large model of one of the many slow combustion heaters available today would have been more suitable. However, once the house is heated it does tend to retain the warmth for long periods, just as in summer the outside heat is efficiently excluded – the density of the mud bricks being the natural insulator. They now feel they should have planned the house to face the north to make the most of the winter sunshine, but with a garage in mind initially, heating wasn't a consideration.

Much attention to detail has been lavished upon the interior of the house. The walls were rendered in a composite of earth, clay and water, the resultant 'paint' being an attractive light umber-mustard, and a Bondcrete seal gave a smooth finish. It's easy to see that Owen is a professional painter and decorator – his land and seascapes adorning the walls reinforce this impression. Carpet and quarry tiles cover the concrete floor, and ceramic tiles line the bathroom and kitchen.

A most practical and eyecatching feature of the kitchen is the inclusion of ten glass blocks placed at regular intervals in the windowless wall above the stove and bench. These blocks were purchased from a Nowra firm, Sidney Hudson Glass, for \$7.50 each, and are available in plain or patterned design and bronze-tinted. They come in two sizes – 190 mm (7½ in) square and 240 mm (9½ in) square, the thickness being 80 mm (3¼ in). Kate and Owen chose the plain variety for maximum light penetration. Ordinarily the glass blocks are easy to include while building a wall, but Kate and Owen only discovered them after their wall was up and then had to chisel out the spaces for them. 'It was tedious, but at least we found out how solid our mud bricks are.'

Hard work? Yes, mixing, forming and laying mud bricks is not for idlers, but the work is satisfying, the exercise physically beneficial (who doesn't need to lose a kilo or so?) and the materials cost-free. They didn't go hard at it though, Kate assured me. It took them about two years to make the bricks, but that was only at weekends, and in the summer they went swimming a lot.

Mudbrick houses are relatively inexpensive and absolutely harmonious with the Australian landscape. They are attractive, self-insulating and durable. Houses built in the early part of the century are still habitable today. For example, such a house built near Bathurst by Chinese settlers around 1883 was still strong and weatherproof four years ago until, sadly, it was demolished to make way for a modern structure. Kate and Owen's house stands among the Shoalhaven turpentines, a tribute to the strength and determination of two young people who have made the most of their natural resources – youth, energy, enthusiasm, creativity and the very soil beneath their feet. Perhaps in these abundant commodities, youth and earth, lies one answer to the housing shortage.

SKIN PROTECTION IN THE 90's

by Gail Neville, Forest Hill, Qld.

The depletion of the ozone layer, and the resulting increase in UV radiation from the sun, is something that concerns the whole human race, not just GR folk. Longterm solutions will depend on concerted global effort, but in the immediate future those of us who choose the open-air life will have to start thinking seriously about protecting ourselves and our children.

One of the disturbing facts to come out of recent conferences on the ozone layer is that we cannot rely on a coating of sunscreen to protect us from skin cancer. These preparations do prevent sunburn, but they do nothing to stop the longterm damage associated with exposure to UV radiation, so we will have to turn to more time-honoured methods.

The most important of these is shade. When our fair-skinned ancestors first came here, they planted English trees to provide the shade lacking from local species. Since then many useful and beautiful introduced shade trees have been successfully cultivated in Australia, as well as local varieties. The problem with many shade trees is that they take a long time to give you their full benefit. The process can be speeded up by planting only grafted saplings of good height. On our lovely little half acre we have already planted avocado, macadamia, mango, red cherry guava, poiniana and a couple of lemon trees. But as it will be some time before we get the benefit of their protection, we are also planning more immediate shade in the form of fast growing vines. Passionfruit, as well as being delicious, provide wonderful shade when grown over a trellis or pergola. There are many different varieties, too, so you can have a passionfruit feast! Flowering vines such as honeysuckle and my favourite, jasmine, provide beauty and fragrance as well as shade for a verandah or patio.

If there is little shade around your house, begin now to plant for protection in the areas where you work or play. One of our neighbours has a very well planned vegie garden. He has planted fruit-bearing trees in the centre with seats beneath, and passionfruit vines cloak the fence of the chook pen, providing shade to both humans and birds. If you have or are planning to have children, make sure they have safe shady areas in which to play. An old tyre tied under a tree (regularly inspected for redbacks!) will be better than an elaborate swing set placed in the open. If you have a pool, make sure it is shaded over at least half its length. The glare from the water will not only damage your skin, it is bad for your eyes and may lead to cataracts later on. A pergola overhung with vines (or shadecloth if you don't want to spend a lot of time skimming the pool) would be the sort of thing to consider. Make sure too that children's paddling pools are always in the shade. If you swim in a dam or creek, there is probably enough shade already – but in the event that your favourite swimming hole is unshaded, start planting now for shade in the future, and during the height of summer rig up a shadecloth canopy. Other materials can also be used for temporary sunshades, such as sacks split open and sewn edge to edge.

All public areas will need more shade in the future. If your local school provides little shade, why not front up to the next

P & C meeting and ask everyone to donate a tree (and time to plant it)?

The sun is at its most damaging between the hours of 11 a.m. and 2 p.m. (3 p.m. during 'daylight saving periods'). We would be wise to adopt the Spanish custom of siesta during these hours. I have lived in Spain and I can assure you that it doesn't mean you sleep the whole time! A sleep just before or after the midday meal is very refreshing, and gives you energy to work in the cooler evening hours, but most of this time can be used to catch up on indoor chores in the house or workshop. There's absolutely no reason to be out in the garden at this time, as any work you do there will be better done in the early morning or evening anyway. Your animals will be smart enough to get out of the sun – remember what the Spanish say about mad dogs and Englishmen!

It isn't just our homes that we have to think about. After years of getting away with singlets and shorts in hot weather, even those of us who tan easily will have to consider our summer wardrobes. Few will be prepared to go back to the full Victorian regalia of hat, veil and muttonchop sleeves, but there are simpler alternatives. Simple cotton or linen shirts with round necks and long sleeves will be cool and comfortable. They can be teamed with matching cotton pants, held up by a drawstring or elastic around the waist. A hat *must* be worn, and it should shade both the eyes and the nape of the neck. Even the plainest outfits can be brightened up with embroidery or braiding, in the South American style – something to do during the siesta time! When going out, you should wear long sleeves and longer, fuller skirts or loose cotton pants in the summer. If you like to wear make-up, you will be happy to know that a fairly opaque foundation will also provide some protection to the exposed areas of your face. Drivers should avoid resting their arms on the window ledge of the car door if they aren't wearing long sleeves – this habit is already notorious for causing skin cancers on the forearm.

The thinning of the ozone layer is not something that can be solved by taking simple preventative measures, however. We *all* need to carefully consider what changes we can make in our everyday life to avoid further damage to our environment. Whether we like it or not, the damage that has already been done will, in the short term, mean a change in our Australian attitude to the outdoor life. In the long term, it will mean a change of attitude to many things now regarded as essential.

★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★

CORN REMOVAL

Soak your feet in hot salty water. After drying, squeeze on a drop or two of the juice from the broken stem of a fresh celandine plant. Leave to dry. Repeat daily until corn is gone.

REMOVING WARTS

Squeeze onto wart a drop or two of juice from a freshly broken stalk of celandine. Leave to dry. Another old cure is a drop of cinnamon oil applied daily.

★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★

MORE ON MIGRAINE

by Blackmores Communications Service

For many years people have had to put up with this debilitating condition and at last there could be an answer. First, let's look at what a migraine is.

Migraine, a term derived from the Greek language, means half a head. This often describes a headache that attacks only one side of the head. This usually starts with interference to vision in one eye, seeing zigzag patterns, shooting lights or having blindspots. Pain, accompanied by nausea, blurred vision, tingling and numbness in the limbs may last for up to 18 hours. Migraines often run in families and 70 percent of sufferers are women. Sufferers have abnormal levels of brain chemicals that most often cause dilation and contraction of blood vessels.

Allergies are a common cause of migraine and migraine headaches may also be caused by liver malfunction. It is a good idea to avoid salt and acid-producing food such as meat, cereal, bread and grains. Fried and greasy foods should also be avoided. Hot dogs, luncheon meats and monosodium glutamate, along with oranges, dairy products, especially hard cheese and chocolate, have also been implicated in precipitating migraine attacks.

One should look at a raw, natural food diet, similar to that of a hypoglycaemic diet, staying away from processed and refined carbohydrates. The vitamin B group has been shown to be advantageous to many people suffering from migraines, and up to 1000 mg of vitamin C should also be considered.

Once a migraine strikes, it is very difficult to alleviate the pain. The answer lies in prevention. Modern medical studies show that the ancient herb feverfew could be the answer. Feverfew comes to us with a long history of proven benefits in treating various aches and pains, arthritis, high blood pressure, skin condition, fevers, inflammations and headaches. Modern studies have confirmed its benefits, with particular regard to its use as a preventative for migraine headaches. This was convincingly demonstrated by a definitive double-blind study conducted in England in 1985, using capsules of freeze-dried feverfew powder, at a dosage level of 50 mg per day. Results indicated a significant protection against migraine attacks in those patients taking the capsules. Other clinical studies have backed up this finding, even with patients who had failed to respond to orthodox medical treatment.

There is only one variety of feverfew which appears to produce benefits, therefore it is essential that the correct variety is used. This is *Tanacetum parthenium*. Only the correct subspecies must be used to ensure the highest concentration of active herbal alkaloids. According to authorities, feverfew quality is also based on optimum harvest time and the part of the plant used. The product should be derived from the leaf prior to budding to retain maximum potency. The leaf has an extremely bitter taste, so some people find it preferable to take the herb in capsule form.

The efficacy of feverfew is now proven and it may be one of the best measures against migraine headache. Since there are many causes of migraine and it manifests itself in a variety of symptoms, feverfew may not work for every migraine sufferer. Some users report minor adverse effects, e.g. mouth ulcers or skin irritation, but these are generally more than offset by the

relief obtained. It is important to understand that feverfew is *not* a pain-relieving herb, and will not help you once your headache has begun. However, prevention is better than cure and if you don't want any more migraine headaches then a regular dose of feverfew could be the answer for you.

Information courtesy of Blackmores Communications Service, 23 Roseberry St, Balgowlah 2083. Blackmores produce a wide range of vitamin and mineral products based on natural herbal ingredients. These are available in health food stores and pharmacies.

Useful material that has appeared in GR includes:

Migraine by Iriss Quigley, GR 52, p 30.

Correction to this article, GR 54, p 44.

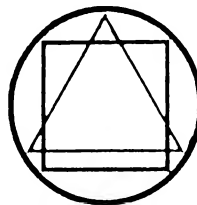
Feedback letter on hypnotherapy by Jessie Antiss, GR 43, p 97.

Feedback letter on allergens by Julie Buttery, GR 46, p 12.

Feedback letter on a home program with vitamin supplements and honey by Kate Fearnall, GR 46, p 6.

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Last issue you asked about natural pest control methods. We give our dog vitamin B1 (in tablet form) fortnightly and it seems to have controlled her fleas. Not sure if it will work for other pests but may be worth trying.

**Greg Baker and Rivka Ashkenazi
Macksville 2447.**

Many readers have contacted us over the years to say how effective they have found brewers yeast in controlling fleas on their dog or cat. Individual B vitamins whether for humans or animals are usually most effective when taken along with a B complex tablet – they are after all found as part of the complex in nature, so you may consider replacing the B1 with a complex tablet when you buy a new bottle. Alternatively try sprinkling a small amount of brewers yeast, which is rich in B vitamins, over your dog's (or cat's) food.

Just a handy hint in response to the request last issue for readers' remedies. We recently controlled a scour problem in our pet lamb by taking it off milk entirely and giving it warm water with a suitable electrolyte added plus a flat teaspoon of slippery elm powder per bottle. One day on this regime and 'Lamby' was back to normal and there have been no further outbreaks. In future we will cut the amount of slippery elm powder back to see if less is required.

**John and Anne Lawson
Taree 2430.**

A reader has written in on behalf of a friend who keeps fowls and who has decided that she is sick of feeding commercial mash to her birds. She felt anxious about the possible antibiotics or hormones in it and so decided it would be best if the birds went back to nature and free ranged for most of their feed. Unfortunately the hens soon stopped laying – could this be proof of hormones etc in the feed, or what other factors would stop the hens laying?

Although it is not clear as to what the mash contained it is reasonable to assume its composition would be similar to layer pellets. We have contacted several manufacturers of poultry feed and each has said there is neither antibiotics nor hormones in across-the-counter layer rations. They will add them under veterinary advice if a client specially requests them (orders of over a tonne) but not otherwise as their addition would increase the price significantly. The only fair criticisms of layer pellets are that the ingredients are not derived from organic grains – which again would increase the price dramatically – that the contents are more highly refined than whole grains, that heat has been used in processing and may have damaged some vitamins, and that there are binding agents and an antioxidant (to prevent rancidity) included. In brief, they are a processed food.

If fowls are to be kept 'au naturel' and obtain the greater part of their diet outdoors their original habitat must be reproduced. It is not enough just to let them free range, for the greater part of the year there isn't a wide enough variety of foraged food to meet their nutritional needs. The natural habitat of the fowl is the jungle floor and so poultry keepers would need to plant a wide range of herbs, fodder shrubs and trees (the books 'Permaculture One' and 'Permaculture Two' contain numerous references to suitable

species), grasses and cereal crops; and from these and the insects and grubs which would inhabit this forest sufficient protein, carbohydrate and vitamins would be found.

At present the birds in the natural situation would be going through an adjustment period. There is a strong chance they won't be finding the amount of protein they need and they will be using a lot of energy trying to catch their food. Many hens on farms do forage for the bulk of their diet but they are from stock that have been doing this for generations – new chums don't fare well by comparison. A compromise is a kinder solution to the hens' welfare and one that will lift the birds from survival mode into production. A handful or two of mixed grains in the evening will provide more protein and carbohydrate and set the birds up to lay again. Layer pellets contain around 14-15 percent protein, and wheat depending on its quality between 8-12 percent – obviously if you fed wheat only it would not meet the maximum requirement but would help greatly. Finally, as with all livestock it is important to look at the animals' needs as well as your own philosophical ideals and, while natural living is a goal most of us aspire to, it is essential to look at what the birds are capable of achieving in their environment and where you need to come in and provide assistance, in this instance with supplementary feeding.

FISH SMELLS

Dry mustard sprinkled onto cooking utensils and left for a while before washing removes fish smells.

MARIA TREBEN REVEALS HER SECRETS

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SOW NOW FOR SCRUMPTIOUS SALADS

Gardening is always more rewarding during the warmer months, partially because it is so pleasant out of doors. Many summer crops are early maturing, too, and there is that quick tangible reward for the hours involved. And people who are irregular or indifferent gardeners suddenly become inspired to grow their own vegies and join the rush to the nursery for punnets of lettuce, cucumber, zucchini and tomatoes.

It is the tomatoes that are the favourite – even in the cities they are a common sight planted with basil in tubs on balconies or in handkerchief-size front gardens. Surely there are few households in Australia that don't nurture at least one tomato plant, even if it is the cherry type. The incentive is not just the pride and satisfaction of having grown one's own, but that they can be harvested fresh and chemical-free with more flavour, too.

We are always trying to encourage gardeners to try new varieties and derive much pleasure in researching the seed catalogues and bringing new and unusual vegies to your attention. I am sure many of us become tired of seeing the same vegetable varieties gracing the table and would appreciate something with a different taste and texture. I hope these seed suggestions will provide some happy hours ahead and some scrumptious salads, too.

Beans – Big and Bountiful

No garden is complete without at least one plot of French beans, and with so many varieties around you don't have to stay with the same variety year after year. If space is at a premium, climbing beans make more sense as they can produce three times that of the dwarf varieties. If you are looking for something quite different, what about Snake or New Guinea beans. Both are big and bountiful, delicious to eat and will be a talking point for visitors.

Snake beans are fast growing climbers that are ideal for hot climates. They are prolific producers, the long pencil-thin pods being reminiscent of asparagus in flavour and suitable for eating raw in salads or lightly steamed. They are available from Phoenix Seeds and Diggers.

The latter also carries New Guinea beans which if left to mature, develop into a 2 m. long, hard-shelled gourds. These are vigorous climbers so don't try them in your balcony garden, the vine is capable of growing to a length of more than 6 m.

New Guinea beans are best eaten when immature at 10-20 cm. long and are prepared and served like young zucchini.

Phoenix Seeds also list a Guada bean which is a tropical delicacy from SE Asia. Like the New Guinea bean it is a vigorous climber and produces 'beans' up to 2 m. long.

Dual Purpose Cucumber

Many new varieties of cucumber have come to light in the last few years and one which has made a recent comeback is the African Horned. It is a distinct species in that when it is half grown (about 5 cm. in diameter) it can be eaten as a cucumber, but when fully grown and ripe it may be used as a fruit, the pulp and seeds having a delicious fruity flavour. This variety is oval in shape, covered with a number of horny spines, and

changes from green to orange when it matures and ripens. The vine of the African Horned cucumber is a vigorous grower and a prolific producer, so requires plenty of space. Seed is available from Erica Vale Australia and Kings Seeds.

Baby Corn

This fast growing variety of sweet corn produces tiny cobs like those found in Chinese cooking (the Chinese ones usually arrive in Australia in a tin.) Baby corn may be served in a number of innovative ways and the surplus stored in the freezer. These are available from Thompson and Morgan.

Chilli Peppers

Specialty Seeds have the answer for those who make their own pickles and sauces, and who like to give them that extra zip from home-grown chilli peppers. They market a bush variety of chilli that produces both red and green fruit, and there is still time to put a crop in that will mature in autumn to coincide with the garden surplus that is required for sauce, relish and pickle making.

Hearted Chicory

Although lettuce provides the basis of many of our summer salads, one can grow tired of it and this is when chicory comes into its own. Sow the seed in December and January for the best results, and harvest when young. The outer leaves are relatively bitter compared to the bland flavour of most lettuces, but if you start picking the outer leaves early, they have a fresh and cleansing taste. The creamy yellow centre of the mature chicory plant can be lightly steamed and served with garlic butter. Greenlof is the variety available from Broersen Seeds and Bulbs.

Pumpkin Munchkin

This is a novel 'baby' pumpkin which will fit into the palm of your hand when ready for harvesting. It looks like a miniature version of a deep orange pumpkin and is ideal for gardeners with limited space as it will grow on a fence or trellis and bears heavily. These tiny pumpkins can also be used by dried flower enthusiasts in their arrangements as they can be cured like a gourd and will last up to 8 months. Munchkin can be baked whole for individual servings or used to hold stuffing – it has a flavour and texture similar to Golden Nugget pumpkin.

Munchkin is available from Erica Vale Australia who also have another single-serve vegetable in Sweet Dumpling Squash. This is a petite, globe shaped squash weighing about 225 gm and is an attractive cream with dark green stripes. It has fine textured, light golden flesh with a sweet, nutty taste.

Suppliers

Diggers Seeds, 105 Latrobe Pde, Dromana, 3936. Ph. 059-871 877.
Broersen Seeds and Bulbs, 365-367 Monbulk Rd, Silvan, 3795. Ph 03-737 9202.

Phoenix Seeds, PO Box 9, Stanley, 7331. Ph. 004-581 105.

Specialty Seeds, PO Box 34, Hawksburn, 3142. Ph. 03-633 448.

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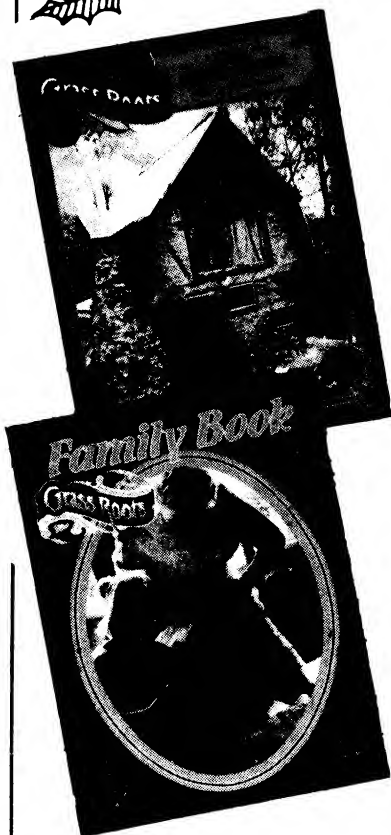
Erica Vale Australia, as for Thompson and Morgan.

Kings Seeds, PO Box 14, Glenbrook, 2773.



Christmas

Reading

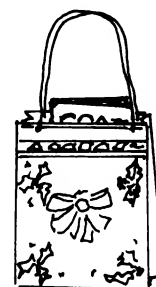


Earth Builder's Companion

John & Gerry Archer

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The *Bumper Book* is a special Christmas publication in which readers have come together in the true spirit of Christmas and have shared their thoughts, philosophies and ways of living. It has stories on self-sufficiency and instructions on how to make Christmas gifts.

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Fireside Reader

This book is packed with stories and practical information. Stories of how winter used to be as well as plenty of up-to-date crafts and activities such as growing trees for firewood, embroidery, making jams, crosswords, knit a pair of slippers and make your own earrings.

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The Joys of Beachcombing

by Pamela Davey, Shepparton, Vic.



Are you one of those free souls who love to wander along a beach, regardless of time? I'm afraid I am too. Now that the holiday season is almost here, there is no better pastime. I don't have a tropical island to beachcomb, but some wonderful wild beaches stretching for miles along the Southern Ocean in SW Vic. It's not just the walk and the scenery that's the attraction – you never know what you'll find washed up on these shores.

USES FOR YOUR TREASURE TROVE

Shells

Shells can be used for many purposes. We find large abalone shells washed up and these make bathroom soap holders or ashtrays. Large bivalves can be used as containers to mix artists' paint, sugar scoops, salt scoops, entree dishes, the list is endless. A tiny cactus or baby's tears growing in a large shell is pretty. To drill shells for jewellery, use a very fine bit to drill a hole, and cover the area to be drilled with adhesive tape. This prevents shattering or cracking. Then insert jump rings into holes drilled and the shells can be attached to earrings. Natural raffia can be woven into a fine plait, then shells can be sewn onto this plait to make necklaces. Use a shell as a button and sew a loop to pass over the 'button' for fastening. Warner shells or kelp shells can be brushed in a spirits of salt solution until the outer layer of shell reveals an underneath layer of beautiful mother-of-pearl. Display shells in a pottery dish of sand.

Seaweed

It's an excellent fertiliser for your garden. You can soak it in water and then make a dilute solution for liquid fertiliser, or dig it straight into the soil. I find a beautiful reddish purple seaweed which can be pressed and glued onto heavy paper to make gifts or Christmas cards.

Pumice

On our southern beaches, pale grey rounded pebbles of volcanic

pumice are washed up with the shells. I've never had a use for them until I started making handmade soap; now I add them, finely ground, to a pumice hand-cleanser soap, which is very good for dirty greasy hands. I've been told that this pumice has floated around the ocean from the volcanic eruptions on the island of Tristan da Cunha.

Driftwood

The only problem with this is carrying it all home! We find lots of really twisted tea-tree trunks, worn smooth by the surf, in wonderful shapes. I'm collecting this as garden ornaments until I have enough to make some rustic furniture with it – tables and chairs.

Cuttlefish

We have an endless supply of large cuttlebone from our beaches, some over 30 cm (12 in) long. The smaller cuttlefish are ideal for caged birds – for sharpening their beaks. At a silver jewellery class, we made moulds for ingots, etc from cuttlefish bone. The ingot when finished carried the wavy marks moulded in the silver from the texture of the cuttlefish. It is very easy to carve.

Seagrass

Dried sea grasses, marram grass in seed can make an arrangement in a tall vase, especially if you add any wild flower that you've dried.

The beachcombers who can make money from their finds are lucky indeed – I'm thinking of the cottage industry on King Island, harvesting kelp from the beaches for fertilisers etc. In the meantime, beachcombing is one of life's enjoyable pastimes no matter where you ramble, be it tropical beach or wild and windy Southern Ocean stretches. Happy hunting to all those who indulge in it!

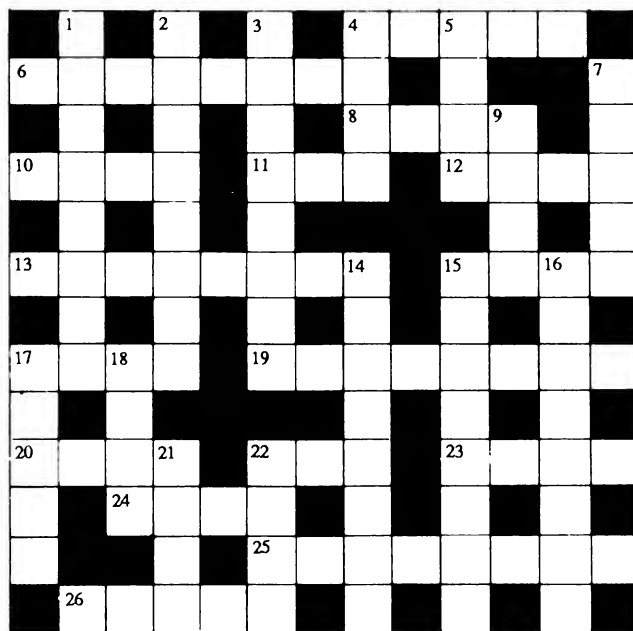
CRYPTIC GRASSWORD

by M. Riley, Newborough, Vic.

- Across
4. This material hardly stood out (5).
 6. Keeps watch on loan (8).
 8. Minute for a cat (4).
 10. Simmered no more inside (4).
 11. Holds his nibs and children (3).
 12. Keep lid on pool inside (4).
 13. It is not like changing uniform (8).
 15. Desire needles producer (4).
 17. Kind of machine to arrange lots (4).
 19. Room in the theatre for bandages (8).
 20. Revise 'Ebb Tide' (4).
 22. Welder around the bend (3).
 23. Sworn in boat house (4).
 24. Drop in rent (4).
 25. Dead heated (8).
 26. Observe wound for some time (5).

- Down
1. Camp dance after the game (8).
 2. Concern taken for capital (8).
 3. Graze hand (8).
 4. Bridge for artless Spartan (4).
 5. Implement return of loot (4).
 7. Doomed head for this (5).
 9. Not a long wearing dress (4).
 14. Having drawn features (8).

Solution on page 54.



15. Rustic past before oral symphony (8).
16. Almost equal score (8).
17. Threatens city without walls (5).
18. Leave of absence (4).
21. Where soldiers are kept in detention (4).
22. Chief structure produced overheads (4).



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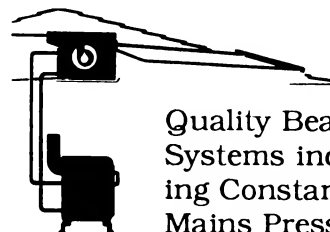
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Poetry

AMONG THE TREES

*Among the trees like a soft breeze
He wanders free as he'll ever be,
Free in the peace of the gully bush
Among the blackboys and wattles
and the beautiful christmas trees.*

*He gently touches the wings of the bees
And the little honey birds as they sing.
He sits so quietly on the granite rock
Where the old goanna rests.
He plays tricks for the kookaburras
And makes them laugh so raucously.*

*He gathers the beautiful butterflies
To fly gently in his soft breeze
To gather their nectar in a sweet rose
Near the old gum tree
Where an old elk stands guard.*

*Yes, he wanders free as he'll ever be
Among the trees like a soft breeze
Forever free, not far from me.*

Val James.

HALLS GAP

*Oh, the majesty of mountains,
Of looming, craggy peaks,
A stealthy mist enshrouding
Fern, tree and tufted grass,
And rugged, timeless rock,
A craggy face set to the world,
A weather beaten brow.*

*Solitude and silence here
Have woven their spell
Upon this sodden earth.*

*We travel summit-ward,
A spongy, lichen moss,
And crescent, brown-dead leaves
'Neath our softened tread,
God the hand-hold
On our heart-shared converse,
His the misty finger-touch
On faces set toward Him.*

Maureen Power.

RESIDENT MAGPIE

*Derisive magpie cries, derides, and cries again.
Struts his butlered walk behind me when
I amble through this land which came to me
Its honoured residents in full-blown occupancy.*

*He marshals household troops, no banner waved,
No gentle tinkle, but strong clarion call!
If this intruder should retreat in shame
He'd have an eye, a hair, and soon lay claim!*

*While he from green-ed kitchen flaunts his role,
A 'downstairs tweenie' thinks of ways to foil
This martinet, his glaring eye and beak
Sole arbitrators of our coming roil!*

*Resorting to a known and age old ploy,
To walk a bushland path and to enjoy,
I search the fridge and find some carrion meat.
When from his twiggy attic he demands,
I'll throw this rate of pay down at his feet!*

B Bishop.



RAIN IS SUMMER SILK

*Rain in summer
is like silk
falling freely
and cooling the earth
with silver threads
but rain in winter
is like cold daggers
which fall from the sky
like icicles
and turn into snow
making the world
into a white wilderness
and coating the trees
with cotton wool.*

Jeanette Morris

MORNING

*Escaping from night's dark chasm
and speeded by the hours,
Dawning now creeps closer
Destined by the powers.
Stars become extinguished,
They falter in the sky
To disappear like candles
When the breeze utters a sigh.
Solitude and silence
Reign now upon the dawn,
As the hours of darkness
Surrender to the morn.*

Jean Opperman.

IDLE THOUGHTS FROM A HUMBLE MAN

*The winds of time blow ever steady,
Permanently obscuring the footprints of men
In the sands of life;
A surface anew for things yet to come.
And wandering on oblivious to this
Come forth fools and statesmen alike,
Venturing forward, forging trails
Through the memories of the living,
Soon to be forgotten;
Erased by the wind like a scream in a gale,
Yet carrying boldly contemptuous self-importance
Statesman and fool alike.*

Jon Newman.

HIGH-RISE LULLABY

Somewhere grass grows green
Deep and soft for falling,
Somewhere sheep still graze
And young lambs play;
Trees strong and shaped for climbing,
Rock castles where a child
Can be king;
And somewhere waves sweep up the beaches
Firming the sand for footprints crisp and new;
Somewhere the world has curves, not angles,
Birds plump with feathers,
Beasts rounded and soft-furred.
And I remember gardens
Where men were glad to dig
And women gathered flowers;
I knew that world, my son,
I lived there once upon a time –
That makes you smile
'Old once-upon-a-time!
It's just a fairytale
Made up for television,
Not for real.'
Betty Roberts.

CITY COUSINS

From the city they came,
With tents, gas lamps, camper beds
Stowed in the back of the station wagon,
Revelling in the delights of
Country living, joyfully singing
Oh, la la to the
Trill of the birds,
Watching the sun
Breasting the eastern horizon,
Joking about
Backyard toilets
Two minute showers,
Newspapers twice a week,
Static radio reception,
Counting the stars
To the clink and clank,
Clatter and rattle
Of lighting plant engines.
'Don't change a thing', they exhort
With a wave
As they vanish over the hill,
'We'll be back next year'.
Laurel Lamperd.

LAKE PINDARA (BOXING DAY '86)

Skiers cutting the water
On the surface of the lake
The wound quickly heals.
Sun beats on dry, yellow earth
Rain will repair,
To quench the thirst.
Day stretching long,
Night's silent reprieve,
Suspended on a hammock
Between two trees,
Summer lazy, dizzy.
My mind wanders far
Through the bushes and the greens,
I'll take these memories with me
When I leave,
Strengthening me silently
The solitude of my thoughts
Is filled with these, voiceless
Memories of lakes and trees,
Of snow, sun, rain,
Moving life-filled images
Unpeopled, never yet caused pain.
Virve Ylinen.



BLINDNESS

That family of wrens
Which panic about you now
Bewildered and twittering.
Could you tell them why
You cleared the spear grass and bracken?
Could you explain your hatred of weeds,
Your love of ordered space
And the need for a break around the house?
Could they know your fear of fire?
Now it's raining again,
The heat is just a bad memory.
Can you give them back their nesting place,
When you love such creatures –
How are you so blind?
Francis Healy.

TRACKS

We shared secrets like sisters
Small voice in my ear
On the train
On the long way home.
We talked of summers
Of lovers
Heads close together in the dark
In the pouring rain.
And now we stop in our tracks
Misreading the messages
And I wish I knew
Our final destination.
Julie L Bennett.

AIVU, ALTHEA'S SISTER

Boing! Boing! Boing!
Goes the cyclone warning.
Loud noise in my ear,
Aivu is coming, a voice yells out,
Batten down, fill the cupboards,
Dig out the candles and matches.
Awesome, cloudy, still sky surrounds me.
Aivu passed by my door at Wulguru,
Trees waving madly,
Through Ayr, Home Hill, on to Clare,
Up over mountain range
To the goldmine towns
Ravenswood and Charters Towers,
Out to Longreach,
First bath for many years.
Like its sister Althea
Bad tempered, full of wind and rain,
Leaving things rearranged.
Rhonda J Sewell.

Kids P a g e s

Dear GR Kids,

I was just reading in my last letter that I was looking forward to the 3rd term holidays. I had a lovely time and hope you did, too. I went to Melbourne a couple of times, mostly to go to the Melbourne Show or shopping with Megg. Poor Megg was utterly exhausted by the end of the stay – I don't think she will ever want to go shopping with me again. I also spent some time with a special friend of mine, a really nice guy called James who is in my class at school.

And speaking of school, remember when I said last letter how lucky I was to have my birthday fall in the holidays. 'Great' I thought, thinking back to the job we did powdering Suzanne on her birthday, 'they won't be able to get me.' Boy, was I wrong. I awoke at 12.45 with a start one night to find myself being covered with a soft, sweet smelling substance, accompanied by lots of muffled giggling and a sparkler or two (illegal at the boarding house, so one of the latest crazes, of course.) I looked pretty foolish in the morning, believe me.

I am writing this at home, my first weekend here for several months and what a surprise I received. Our tiny little lamb – named Merle Merino by Megg – is no longer a little lamb. I cannot believe she has grown into a loud voiced, pushy sheep when she was such a sweet little muffin. She's not the favourite pet when she tears into the outside toilet in the middle of the night and frightens the life out of me.

There was another surprise waiting for me, too, a Light Sussex hen that had been sitting for a while had just brought out 17 beautiful, golden chicks. Lucky they are well-behaved or the poor chook would be tearing out her hair (oops, feathers!)

Well, I'm just about to do some more sunbaking before the clouds hide the sun. Hope it's lovely sunny weather where you are.

Love, Suni.

Dear Suni

How are you? I am good. I am in Grade 2 at school and we are having a concert soon and I am Mary in the play. My Mum is going to find some blue material for me to wear. We are going to the beach for two weeks at Christmas and Santa calls there. Bye for now.

Zoe Forbes
HILLARYS WA.

Dear Kids Pages

We have chooks too and I have a Silkie rooster called Sam. I put Sam in the show two weeks ago in the Junior Section and he got first and I won \$1.75. I am keeping my money for our holiday at Christmas. I have a sister Rosie who is 6.

Adrian Barron
MALENY Qld.

XMAS DINNER ANYONE?

Feeling hungry? looking forward to lots of yummy food on Christmas Day, and Boxing Day and the rest of the holiday period? Be thankful then that you are not a python – they can live quite happily on just one meal a year!

DID YOU KNOW?

Are you a liquorice fan? A 2000 ton wave of liquorice once burst out of a factory somewhere in Australia and oozed down the street. It is reputed to have set hard up to 1.5 m (5 ft) deep in places, but no information exists as to how they cleared it away.

PARTY ICE CUBES

You can make interesting and tasty ice cubes by placing either a herb leaf or a strawberry in each one.

- Fill the ice cube tray half full of water and let it freeze.
- Add a herb leaf – lemon balm or mint are nice – or a berry like a raspberry or half a large strawberry to each cube and put the tray back in the freezer for 15 minutes.
- Fill the tray with water and keep in freezer until cubes are hard.
- Use in drinks or to suck on a very hot day. You may also be able to use pieces of finely sliced melon, Kiwi fruit or even pineapple.

BROWN APPLES

Do you know why apples turn brown when you peel them? When the skin is broken a substance known as an enzyme is exposed, causing the apple to react to the oxygen in the air. The result is a change in colour and an unappetising looking apple.

BOOK REVIEW

Gran's Diner written and illustrated by Ann Sulzer. Soft cover, colour, 42 pages.

Before I tell you about this great book I have a suggestion to make. Buy it for your Gran for Christmas, she's sure to love it, but don't forget of course to have a read of it before you wrap it up.

Gran's Diner is the story of a typical family that doesn't have time for the grandma that lives with them. She's always in the way, a bit of a nuisance. Gran herself doesn't feel too old to do things and makes suggestions but no, wherever she is whatever she does she's in the way and the family just want her to rest. Not mind you that any of them will make less noise so she can. Poor old Gran. Feeling sorry for herself she collects her loyal cat and dog and sets off with an old pram full of bits and pieces.

Yes, she finds amazing adventure and is very much appreciated – and feels a new person – but it would be a shame to tell you and spoil it all. The book ends with a funny scene of the family standing around poor old Gran snoozing in her chair, thought to be tired out from doing nothing. What a joke! Gran is a treasure, her cat and dog wonderful the way they pitch in and help and the illustrations are superb and really complement the story line.

Published in Picturemac by the Macmillan Co of Aust, 107 Moray St, South Melbourne 3205. RRP \$6.99.

MAKE A BUSY BOX OR BAG

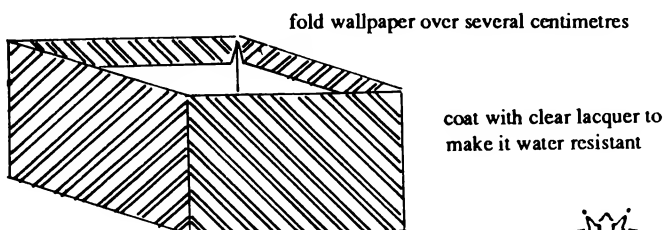
by Susan Sawyer, Morwell, Vic.

Busy boxes or bags are a wonderful gift idea for young children, be it a little brother or sister or even a cousin. They need only cost a small amount, because much can be found around the house or in the garden, and can be made very appealing if extra effort is put into decorating the box or bag. Not only are they a great Christmas pressie idea but they are also the sort of thing that will keep littlies entertained during long car trips. If you are super imaginative you could probably make boxes or bags up for your parents and even teenage friends, perhaps spending a little more on the contents than you would need to for young children, and padding them out with silly bits and pieces from magazines, op shops and friends' junk.

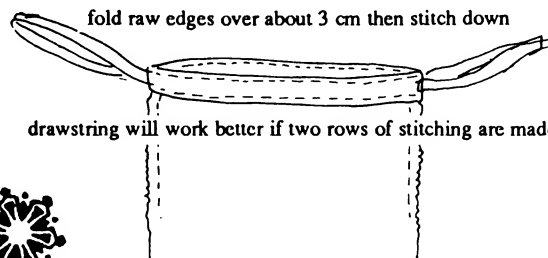
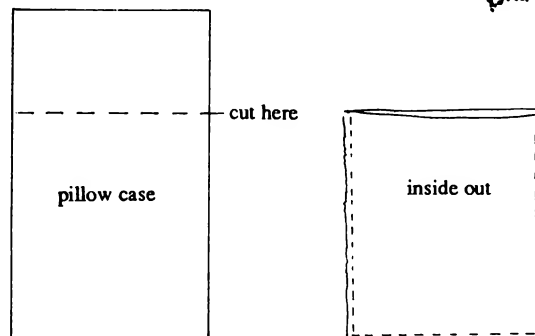
Begin with a fairly strong box with a lid. Ideally the box should be about 30 cm by 45 cm (12 x 18 in) or A-3 size but a large shoe box is a good start. If you know someone who works in an office you may be able to obtain a photocopy paper box. The lid is essential to prevent the bits and pieces from falling out and becoming lost and it also gives the pressie an air of mystery. The box will need to be painted or covered with gift wrapping or wallpaper, and if you have the time a coat or two of clear lacquer will make it more permanent and able to withstand bumps and knocks.

The following is a list of objects you may like to include in the busy box. Some will be suitable on their own, others used together to make interesting nicknacks, eg, the felt could be used to make finger puppets, the beads formed into a bracelet, magazine pictures glued onto card and holes punched to form sewing cards.

- feathers
- sticky tape
- shells
- pieces of wallpaper or gift paper
- felt
- small material scraps
- ribbon and lace ends
- ball of wool
- buttons
- string
- rubber bands
- dolly pegs (to dress up)
- used gift cards
- cardboard
- assorted leaves
- assorted seeds and pods
- pressed flowers
- matchboxes (doll furniture?)
- pipe cleaners
- coloured foil
- macaroni
- assorted beads
- coloured pencils
- large sewing needle
- magazine pictures
- pieces of elastic



coat with clear lacquer to make it water resistant



- confetti
- small jar of glitter
- tube of roll-on glue
- stamps
- small tins and bottles

If you would like to make a busy bag instead of the box you may be able to use an old pillow case and cut it down or alternatively, use it as a pattern and make yours the same width but about two thirds the length. Turn in the raw edge on the top of the bag, making the hem large enough to thread tape through it after it has been machined down. If you have fabric paints or crayons you can decorate the bag.

CHEAP CHRISTMAS TREE DECORATIONS

If you have sheets of used wrapping paper or even pieces of coloured paper, press any wrinkles out with a lukewarm iron and then fold and cut with scissors to make pretty stars and tree decorations. You may be able to use foil as well. Fold the sheet of paper in half repeatedly and cut out shapes or snip off corners. Alternatively fold up the sheet in a concertina fashion (pleat it) and cut out a row of figures all joined by the hands.

While the Billy Boils...

The Christmas season is a time when we all feel obliged to produce quantities of food for entertaining expected guests and those who 'just drop in'. But it should also be a time when we are able to relax a little and enjoy the company of family and friends. Here are some prepare-ahead dishes to make your Christmas mealtimes more special – and easier for the cook!

VEGETARIAN FESTIVE PIE

- 3 cups plain flour
- pinch salt
- 280 g (9 oz) butter
- cold water
- 4 eggs
- 2 cups milk
- pepper
- 1/2 tsp nutmeg
- 9-12 medium leaves silverbeet, finely chopped
- 1 small finely chopped onion
- 1 cup pine nuts
- 6 hard boiled eggs

Sift flour and salt. Rub in butter until mixture resembles bread crumbs. Add enough cold water to form a soft dough. Knead lightly, wrap in greaseproof paper and chill for half an hour. Take 2/3 of pastry, roll out and line a deep 23 cm (9 in) round tin. Bake in hot oven for 10 minutes, and remove. Whilst pastry is in the oven beat eggs, milk, pepper and nutmeg. Fold in silverbeet, onion and pine nuts. Half fill the pastry lining. Place peeled eggs on top of mixture and cover with remaining mixture. Roll out remaining pastry and cover pie. Press edges to seal and brush top with beaten egg. Return to hot oven and cook for further 30 minutes. Remove, cool and chill. Serve cut into wedges.



ICECREAM PUDDING

- 1/2 cup sultanas
- 1/2 cup prunes, chopped
- 1/2 cup raisins, chopped
- 1/4 cup glace cherries
- 1/4 cup mixed peel, chopped
- 1/2 cup dried fruits – apricots, peaches, pineapple
- 1/4 cup brandy, rum or fruit juice
- 1 l natural icecream, softened
- 1/2 cup blanched almonds, toasted
- 1/2 cup cream
- creamy brandy sauce (recipe follows)

Soak all dried fruit in the brandy, rum or fruit juice. Then mix the soaked fruit together with the icecream, almonds and cream. Pour into a mould and freeze until firm. Immerse basin in hot water for a few minutes and drop onto a wooden board to unmould. Transfer to a serving plate. Serve slices with brandy sauce.

CREAMY BRANDY SAUCE

- 300 ml (1/2 pt) cream
- 4 tbsp brandy
- 2 eggs, separated
- 1/2 cup castor sugar

Beat cream until soft peaks form. Mix in brandy. Beat egg whites until stiff, gradually add castor sugar. Continue until sugar is dissolved. Beat egg yolks, combine with cream, now fold whites into this and combine.

APRICOT-COCONUT ROLL

- 1 cup chopped dried apricots
- 2/3 cup water
- 1/2 cup sultanas
- 1/3 cup chopped blanched almonds
- 1/2 cup honey
- 3 dsp wheatgerm
- 1 cup skim milk powder
- 1 tsp lemon juice
- 1 tsp orange juice
- 1 tsp grated lemon rind
- 1/2 cup desiccated coconut
- extra coconut

Place apricots and water in pan and bring to boil. Simmer until tender, remove from heat. When cool mix all other ingredients together with the apricots. Divide into three lots and using wet hands shape mixture in rolls and coat with the extra coconut. Chill in refrigerator for 8 hours. To serve cut into slices. This recipe may also be used to make a decorative gift.



YULETIDE LOAF

- 3 eggs
- 3/4 cup raw sugar
- 3/4 cup vegetable oil
- 1 tsp vanilla essence
- 1 1/2 cups wholemeal flour
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1 tsp mixed spice
- 1/2 cup orange juice
- 1/2 cup chopped dried apricots
- 1/2 cup mixed peel
- 1 cup sultanas
- 1/2 cup chopped dates
- 3/4 cup chopped pitted prunes
- 1/2 cup whole glace cherries
- 1/2 cup chopped almonds
- 1/2 cup soya flour

Beat together the first four ingredients. Sift together the next four ingredients and add to first alternately with the orange juice. Now combine all the rest and add to first lot. Mix well. Place in a greased and lined loaf tin 23 x 12 cm (9 x 5 in) and bake in a slow oven for 2-2 1/2 hours. Allow to cool in the tin. Leave a piece for Santa.

POTATO SALAD

Scrub a dozen small new potatoes. Cook until tender. Allow to cool, combine with cooked green peas, and 1/3 cup freshly chopped mint. Sprinkle with ground, black pepper. Before serving dress with mayonnaise.

BUDGET BURGERS OR LUSCIOUS LOAVES

VARIETY VEGETARIAN STYLE

by Julie Willems, Essendon, Vic.

Being vegetarian, we are frequently asked in incredulous tones 'But what do you eat?' At other times people approach us for recipes – vegetarians and meat-eaters alike. One regular stand-by is the not-so-humble burger (or loaf). I have a number of well-tested favourites which are easy to prepare. The mixture can be made in advance and refrigerated, and freezes well once cooked. Children love to lend a hand in shaping the mixture as well.

Basically any mixtures which hold together can be made into burgers or loaves. For loaves, press the mixture into a greased loaf tin and bake in a moderate oven for approximately 1 hour. For burgers, simply form the mixture into patties or sausage-shaped croquettes. Rolling these in breadcrumbs or crushed cereal will help hold the burgers together better while they're cooking. Either fry in a heated skillet with a little oil or butter or, as we do, cook in a moderate oven on a greased baking sheet, turning to brown both sides.

Serve hot or cold with your favourite sauce or gravy, or on their own. Add a salad or cooked vegetables. We always ensure we have a complete protein in our meals. This is important as protein helps build, maintain and repair body cells. The protein value of the meal can be increased by combining different plant proteins which have complementary amino acids, making up for the missing amino acids of the other. There are four basic complementary plant protein combinations:

- grains (cereal, bread, rice, pasta, corn, etc) and legumes (beans, lentils, peas, etc) or peanuts;
- seeds (sesame, sunflower, etc) and legumes or peanuts;
- nuts, except legumes (almonds, cashews, walnuts, etc) and legumes or peanuts;
- wheat and leafy green vegetables (silverbeet, parsley, broccoli).

So, for example, we may serve rice salad with lentil burgers; or tahini dressing with tofu burgers. Another way of increasing the quality of plant proteins is to combine them with a small amount of animal protein sources (milk, cheese, eggs, yoghurt).

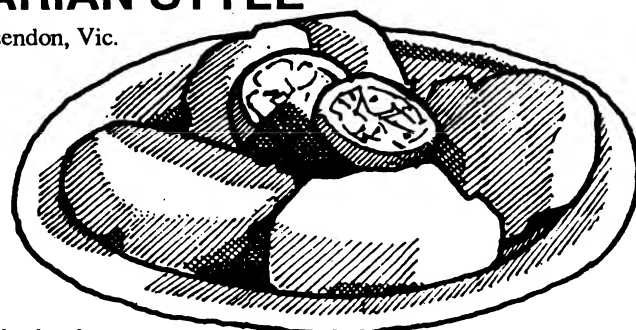
RECIPES

Here are a few of our standards. I vary the quantities from time to time. Experiment to find what suits you best.

Tofu Burgers

- 1 small package of tofu, drained and crumbled
- 2 cups precooked soy grits, drained
- 1 onion, chopped finely
- 2 sticks celery, sliced thinly
- 1 carrot, grated
- chopped parsley
- mixed herbs
- pepper
- breadcrumbs
- egg (optional)
- a little oil

Saute onion and celery. Then mix all ingredients into a stiff consistency. Add extra breadcrumbs if the mixture is too sloppy. Shape into burgers or a loaf.



Nut Loaf

- 2 cups (about 250 g/8 oz) crushed or ground walnuts
- 1 cup breadcrumbs
- 1 egg
- 125 gm (4 oz) grated cheese
- 1 chopped onion
- 2 sticks chopped celery
- 1 large grated carrot
- little oil
- mixed herbs
- ground pepper

Saute onion, celery, and carrot in the oil. Mix all ingredients together. Place in a greased tin. We eat this with a 'gravy' and baked vegetables for a 'traditional' style dinner.

Lentil Burgers

I vary the amounts of the ingredients in this to get different mixtures.

- 2 cups cooked, drained red lentils
- 125-250 gm (4-8 oz) grated cheese
- $\frac{1}{4}$ cup chopped parsley
- pepper (to taste)
- 1 tsp yeast extract
- a little lemon juice
- quantity of peanut butter
- quantity of fresh breadcrumbs

Mix all ingredients, adding sufficient peanut butter and breadcrumbs to get a stiff mixture. Shape into a loaf, or into patties coated with extra breadcrumbs. These patties have a dry texture, and are nice served with your favourite sauce.

Potato Burgers

- 2 cups cooked, mashed potato (don't add extra milk)
- $\frac{1}{4}$ cup chopped parsley
- 1 onion finely chopped
- mixed herbs
- ground pepper
- ground nuts (optional)
- beaten egg and breadcrumbs to coat (optional)

Combine ingredients into a stiff mixture. If your mixture is too soft, add some plain wheat or rice flour to stiffen it. Shape into patties. Dip in beaten egg and then into breadcrumbs if you wish, before frying. My mother adds tinned salmon or tuna to this recipe, omitting the nuts.

Vegetable Burgers

- 2 cups mashed potato (cooked, drained then mashed)
- $\frac{1}{4}$ cup chopped parsley
- 1 grated carrot

1 grated zucchini
 1/2 cup precooked peas
 1 chopped onion or spring onion
 1/2 cup grated cheese
 quantity of breadcrumbs

Mix all ingredients, except the breadcrumbs, together. Shape mixture into croquettes. Roll in the breadcrumbs and fry, or add the breadcrumbs to the mixture and grill or bake.

THE BASIC GUIDE

Finally, experiment with your own mixtures, beginning with a 'base' and adding to it. Happy eating!

Possible Bases

cooked, drained grains
 crumbled tofu (drained)
 cooked, drained lentils or split peas
 mashed potato
 cooked, mashed beans
 ground sprouted wheat
 cooked, mashed vegetables (eg. cauliflower, pumpkin)
 grated or finely chopped vegetables (may be sauted)
 ground nuts
 mashed leftovers

Remember that grains, tofu and grated or chopped vegetables will need the addition of a binding agent such as breadcrumbs, nut butter, egg, mashed potato or flour.

Possible Additives

egg
 parsley
 grated or chopped vegetables and/or fruit
 herbs and spices
 ground or chopped nuts
 seeds
 leftover sauces
 toasted wheatgerm
 bran
 breadcrumbs
 sprouts
 flour (wholemeal, rice, cornmeal, semolina etc)
 grated cheese
 brewers yeast
 drained cottage cheese
 . . . and anything else that's handy!

Recommended Reading and Resources

Diet for a Small Planet, by F M Lappe (1971), Ballantine Books, New York.

The Age of Enlightenment Cookbook, by Miriam Kasin (1980), Arco Publishing, New York.

THE SELF SUFFICIENCY SOCIETY

by Amanda le Bas de Plumetot, Selby, Vic.

I first heard about the Self Sufficiency Society ten or more years ago when I was doing a two days CAE course on chooks, the lecturer being Ivan Smith who personifies the Society and its aims. We meet once a month at the Burnley Agricultural College, Burnley. The evening starts off with a trading table, for which people bring in all sorts of odds and ends – seeds from their homegrown vegies, supermarket goodies with the use-by date expired (but still OK to eat), books and magazines, huge pumpkins, even an old stove-top preserving kit with lots of jars, which now has pride of place in my kitchen. And then we have our speaker.

We've had speakers on just about every subject even remotely connected with a self-sufficient lifestyle: raising animals and plants and building mudbrick houses are obvious ones, but we've had people telling us the right questions to ask when buying a chainsaw, about alternative fuels, soapmaking, touch for healing, motivating children and touring through China. The last may sound a little off the track, but our self-sufficient lifestyle probably owes more to multiculturalism than most of us would care to admit; it's an accumulation of wisdom gathered from peasants and earth people all around the world, from the hardy Europeans who braved their Arctic winters, locked away on their farms for half a year with no one to rely on but themselves; from the subjugated Chinese peasants, forced to live off meagre bits of land and make the most of absolutely anything that came their way; from adobe builders and hunter-gatherers.

Self-sufficiency is a challenge – it's almost a denial of current social values to even want to make your own soap or raise a few chooks – but I think we do it because essentially human beings need some challenge and look for some discipline, and because it's so fantastically rewarding to know that you can do something 'all by yourself'. We are having some problems at the Society, though: lack of people. In a way, we don't mind – by its very nature, there must be some turnover of members as we gradually get our land and move away – but it would be a real shame if it just faded away.

So if anyone's interested, it's the second Monday of the month at 7.30 p.m., Seminar Room, 1st Floor, Burnley Plant Research Institute, Burnley Gardens, Swan St, Burnley 3121. Parking's free, trams are cheap, it's a dollar at the door and there's supper afterwards. For more details, contact Ivan on 03-810-1736. You may even be lucky enough to hear Megg Miller speaking about poultry keeping.

TO PREVENT WRINKLES

Make an anti-wrinkle lotion by mixing 12 g (1/2 oz) each of glycerine, rosewater and witch hazel with 3 tablespoons honey. Put all over face. Alternatively, massage warm olive oil into the forehead, or make a paste of fine oatmeal and lemon juice and spread thickly all over the face.

FRECKLE TREATMENT

Make a lotion from fresh elder flowers by covering them with cold rain water and allowing to stand overnight. Strain before use.

COURSES

CORRESPONDENCE STUDY


SELF SUFFICIENCY II

all aspects of the production, storage and use of food: vegetables, fruit, berries, nuts, milk, cheese, eggs, bread making, preserves, drying etc.

CUT FLOWER GROWING

A.H.C.A. 264 Swansea Rd.,, Lilydale, 3140

Ph: 03-736-1882.



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TO SAVE OUR FOOD HERITAGE

By the Finch family, Gympie, Qld.



The important task of saving and distributing traditional seed varieties involves the whole Finch family.

In the preface to the book *Agriculture* by Rudolf Steiner, Ehrenfreid Pfeiffer relates how two groups of farmers approached Dr Steiner in the early 1920s, one group with concerns at the increase in animal disease, and the other in regard to degeneration they had noted in seed strains and many cultivated plants. The *Eight Lectures* given by Dr Steiner in 1924 answered these questions and led to the biodynamic method of agriculture. Biodynamics shows how to increase soil life activity and enhance cosmic influences. As a result of this a way is found to reverse the decline in the quality of seed and nutrition and in animal health.

Seed decline is most noticeable with the new hybrids. They will not grow true to type in the next generation. Tests have also shown a significant reduction in nutritional value of the new hybrids. When the old traditional open pollinated varieties are no longer available the decline noticed by the German farmers is complete. The open pollinated varieties will grow true from seed. As well as higher nutrition, there is greater resistance to a wide range of diseases and they are hardier and easier to grow. In short they're selected and tried and tested over a long time.

Despite this the new hybrid varieties are taking over from the old traditional open pollinated seeds, particularly since Plant Variety Rights legislation was introduced into Australia in early 1987. As higher prices can be obtained from new patented varieties the old ones are being dropped. Our food heritage is being lost. Open pollinated corn has not been available since the early 1980s and now many others are fast changing to hybrid varieties. Broccoli, cabbage, cucumber, melons, zucchini and spinach are now mostly hybrid. Carrots and onions are also becoming available as hybridised strains.

Eden Seeds was started to save and distribute the old varieties. What started as a hobby has now turned into a full-time venture for the Finch family of Gympie. At Eden

Seeds the aim is to save seeds of the old traditional open pollinated varieties, preferably from biodynamically grown or organic sources. Seed is untreated. The Finch family wishes their activities to be viable, sustainable and ecological. Their service aims to help others towards a similar harmony between themselves and mother earth. As well as the personal benefits, it is suggested that small living examples are the best way to educate others. There is now a display of non-hybrid seeds throughout Australia and New Zealand in health food shops and co-operatives.

The stage has been reached where there is no longer a problem finding interested buyers, so the most important concern is education. It has been found that once people become aware of the value of original open pollinated seed varieties, they accept the importance of saving and using them. Eden Seeds wishes to encourage increased seed saving by offering top prices to reliable seed savers. Biodynamic and organic seed savers can get top prices for small or large quantities of reliable seed.

The aim in seed saving is to grow plants to their full potential. The value we look for in the plants is that they have their natural form. In terms of plant feeding just a little on the undernourished side is better so as the plant is not flushed with unwanted growth or forced to premature seed setting. Growers who have attained plants with natural form can select those which have the best characteristics of the variety. The earlier strong fruits are saved for seed. Don't be tempted to eat these and save the later fruit.

A kitchen sieve or a series of sieves with different mesh sizes is the main tool for seed collecting. Wind separation is very successful in many cases. Tossing in the wind, blowing or use of a fan are the usual methods. Dry seeds in a dry, airy place with the sun as the only source of heat. Use a tray with mesh, cloth or paper as a base. Varieties can be selected for the



The height and luxuriant growth of this corn attests to the vigour of the old open pollinated types of seed.

correct season and growing conditions. Many lettuce bolt to seed in hot summer weather which is not a desired characteristic. Fleshy fruits can be picked slightly over-ripe. Reject diseased fruit. Wash the pulp thoroughly, leaving no flesh on seed. Again the sieve is useful and the tray for drying.

For new seed savers it is preferable to try something less demanding like a self pollinating vegetable and those with lower nutrient demands. It is best to have success first with lettuce or tomatoes, which are much in demand, before thinking of more complicated vegetables. Growing seed is a highly valued

art, not just letting the ones not sold or eaten go to seed. In all cases the crop chosen is best selected by the grower to maintain interest and to suit local conditions to ensure success.

Interesting local reading for beginners includes a book from Henry Doubleday Research Association, 195 Camleroy Rd, Kurrajong 2758 on *Seed Production and Saving for the Home Gardener*, and a \$10 p.a. subscription to the Seed Savers Network, Box 24, Nimbin 2484 is a good investment.

For further information and a list of varieties available at present write enclosing a SAE to: The Finch family, MS 316, Gympie 4570.



BASIL



Basil can be grown in 2 varieties, bush basil and sweet basil. The sweet basil has a stronger flavour but bush basil is more compact and ideal to grow in a pot. Basil and tomato have an affinity for one another. Not only does basil add a piquant flavour to many tomato dishes, but basil plants grown generously among your tomato plants will also protect them from insect pests. Grown in a pot indoors basil will help discourage flies.

Medicinally basil has been used to clear the head and brain. It was an ingredient in snuff. The oil was often used in perfumes and rubbed in the temples to dispel headache.

To preserve basil, stems can be hung upside-down in a warm well ventilated area until dry, then crushed and stored in an airtight container. However, because of its very soft succulent leaves drying is not always satisfactory. Try this as a simple alternative. Strip the leaves from the plant and pack tightly in a jar, sprinkling salt between the layers. When the jar is packed, fill with olive oil. The leaves will turn black but this will not affect the flavour. If you prefer a salt-free diet, simply cover fresh leaves and stems with olive-oil. As the oil is often an ingredient in recipes using basil the taste will be compatible.

KEEPING A DOG'S LEG BANDAGED

Dogs dislike the taste of soap, so if your dog has an injured leg or foot, wet a cake of soap and rub it generously over the bandage. This will prevent the animal from tearing off the bandage.

CRYPTIC GRASSWORD

Continued from page 45.

+	B	+	I	+	S	+	S	A	T	I	N	+
P	A	W	N	S	H	O	P	+	O	+	+	N
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M	E	R	E	+	P	E	N	+	L	I	D	O
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E	D	I	T	+	A	R	C	+	O	A	T	H
G	+	T	E	A	R	+	H	+	R	+	E	+
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SIMPLE HOT WATER SYSTEMS

by Clarissa Townsend, Caloundra, Qld.

It would seem from articles in this magazine that many people go on bird bathing or going to the trouble of building a proper bathroom because they don't know how to set up cheap bath facilities that can be used for months on end. I have used all of the types of hot water systems listed below and all work well. Some can become a permanent part of the new home and all are cheap or free to fuel and cheap or free to build.

JUMBO

You'll need:

- 44 gal drum cleaned inside
- 45 cm (18 in) piece threading pipe
- 4 star pickets or a stand to accommodate the drum
- metal funnel, wide necked
- 2 metal buckets

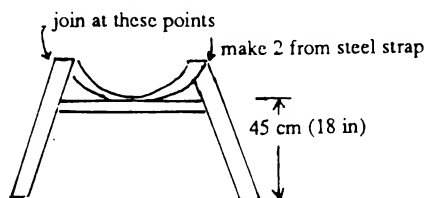
The jumbo should be set up close to the shower area so you don't have to carry the bucket too far. Make up two stands from steel strap and join together so the whole stand is a bit shorter than the drum on its side, or drive in the pickets so the drum can be laid across them comfortably (figure 1). Screw the pipe into the large bung and tighten the small bung. Cut a hole in the side of the drum in line with the large bung so it comes out on top when the drum is laid on its side in position on its stand. Put the funnel in this hole or just make the hole big enough to pour water into the drum from the bucket. Put the other bucket under the outlet pipe. Fill the drum, light a fire, pour in one bucketful of cold water to get one bucketful of hot water out (see figure 2). Corrugated iron or something similar can be put around to make a fire guard. Periodic flushing is necessary if water is dirty.

DONKEY

You'll need:

- water supplied from gravity feed tank i.e. tank on stand
- 44 gal drum cleaned inside
- stand or 4 star pickets
- lengths of galvanised water pipe
- copper pipe and fittings

Figure 1. Stands
Drum stand



Star picket stand

drive in ground near each end of drum

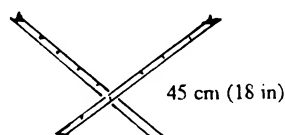


Figure 2. Jumbo

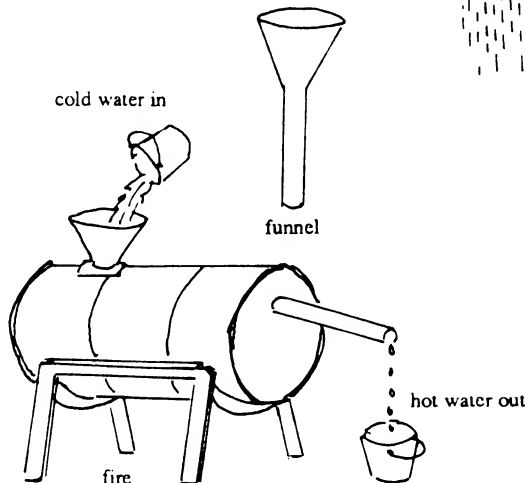
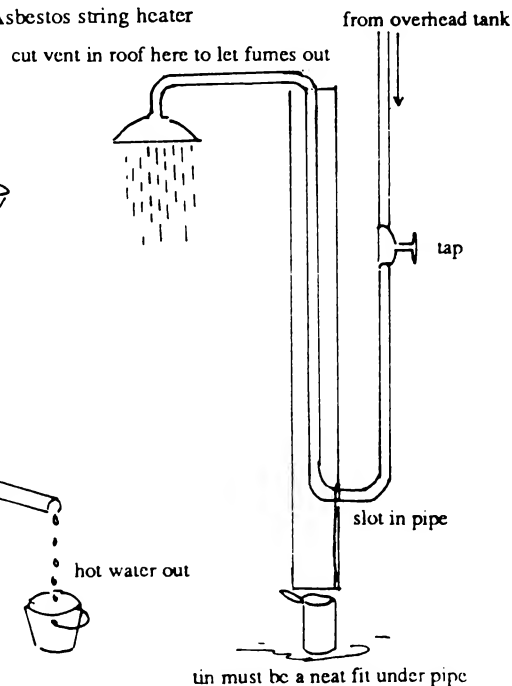


Figure 4. Asbestos string heater



The donkey is a permanent set-up (figure 3). It should be close to the hot water outlets but can be many feet away from the overhead water tank (which can also be a 44 gal drum). The water is piped from the bottom of the water tank to the bottom of the drum. The drum must be positioned first. Bricks can be put around, or iron, to create a fire box. The large bung is used to bring in the cold water. The outflow pipe which will carry the hot water comes out of the small bung at the top of the drum and is copper pipe normally. Don't forget to put up the steam pipe which must go higher than the water tank, or the whole thing can explode if left to boil dry. When you turn on the tap hot water is drawn off the top of the supply in the drum and is replaced through gravity and pressure from the overhead tank. Low pressure plumbing fittings are required for this donkey.

Figure 3. Donkey

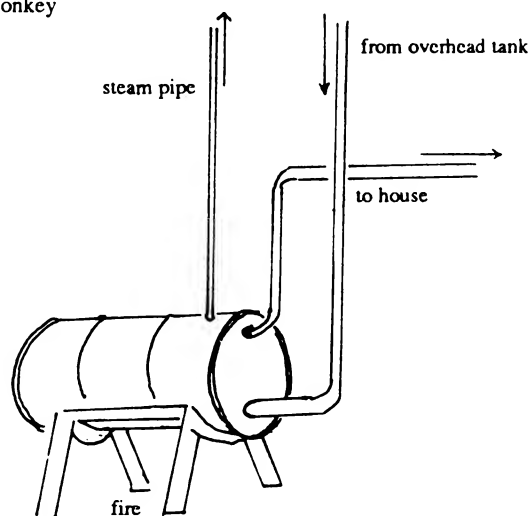
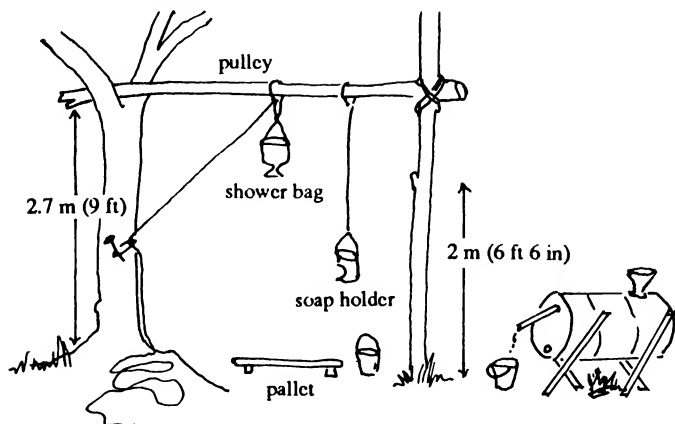


Figure 5. Bush shower



ASBESTOS STRING HEATER

I am including this one because most of my childhood showers were via this unit. I know asbestos is taboo now but there is probably something that can be used instead. You'll need:

overhead tank supply of at least 450 l (100 gals) to give enough pressure

2 m (6 ft 6 in) piece 75 mm (3 in) pipe

quantity of galvanised water pipe 25 mm (1 in) diameter

4 right angle pipe fittings

tap for 25 mm (1 in) pipe

shower rose

tinned peas (or similar size) tin filled with asbestos string

kerosene for burning in tin

Use your tank stand as a shower room and put iron around the legs of the stand for walls. Clamp the big piece of pipe to one

of the tank stand legs. The supply comes from the bottom of the tank down beside this pipe, into this pipe via a hole about 15 cm (6 in) up from the bottom, or a slot cut that length, then up inside the pipe and out the top to the shower rose (figure 4). The tin is filled with string and has some kero put in then lit, and is put under the big pipe where it will roar. It heats the water very hot. To cool the shower down turn the tap on more, or pull the tin out a bit from under the pipe.

BUSH SHOWER

I still use a bush shower bag regularly when camping. They are obtainable in two sizes – 9 l (2 gal) and 18 l (4 gal) I think – from disposal stores. To work it you'll need about 4-5 m (13-16 ft) of rope and a pulley big enough to take the rope. An iron spike or similar driven into the post or tree at waist height takes the weight of the full bag. When you set it up put loops in the rope so you can just put a loop over the spike to hold the shower bag in either raised or lowered position (figure 5).

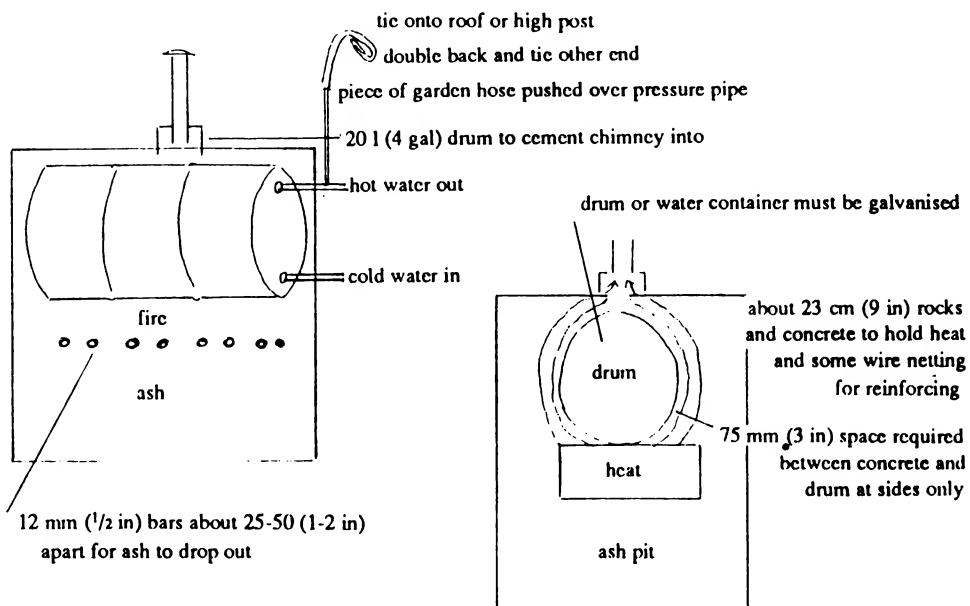
Lower the bag and hook the loop on the spike. Fill the bag making sure the shower rose is in off position. Haul the bag up with the rope and hook the other loop over the spike to hold the bag up. After doing this for any length of time you start getting sick of hauling up that weight. I put a small drum beside the shower on which I stand to pour hot water into the raised bag. Much easier!

A shelf is made from a large paint tin or similar with the side cut out and holes in the bottom for drainage. Hang from the rail by wire or string – this also stops possums eating your soap. Make sure the pulley is tied to the rail with wire because it takes a big strain and thin rope can break at the most inopportune moments. You can put a pallet down to stand on and, if you want to get really civilised, put a tarp around the whole set-up.

DONKEY HOT WATER SYSTEM

by Roy Ruwoldt, Crows Nest, Qld.

This is in reply to Bill Rose (GR 75, p 10). My set-up is exactly the same as Andy Barbour's (GR 49, p 17) so if you use Andy's description I would not be worried in any way, his is a much simpler description than mine. The pressure in these systems is forced back up the cold water pipe so I do not think you have to worry about his potential bomb. My garden hose has not blown off as yet. We have been using these systems now for 16 years and I have made 3 altogether. For normal use we light it each afternoon. A steady fire over a couple of hours is better than a big fire or instant heat, as too much heat cracks the cement. If water should accidentally boil turn on all hot water taps to relieve pressure.



building this up about 30 cm (1 ft) per day over 4 days is easier than building it in one day

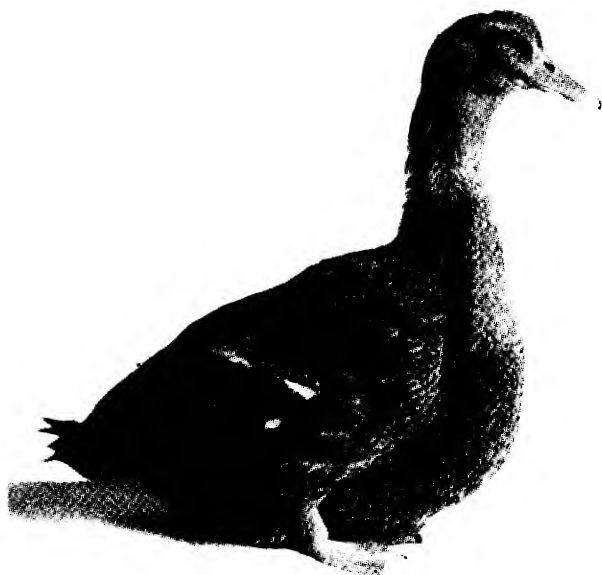
The Beautiful Rouen

by Paul Healy, Judbury, Tas.

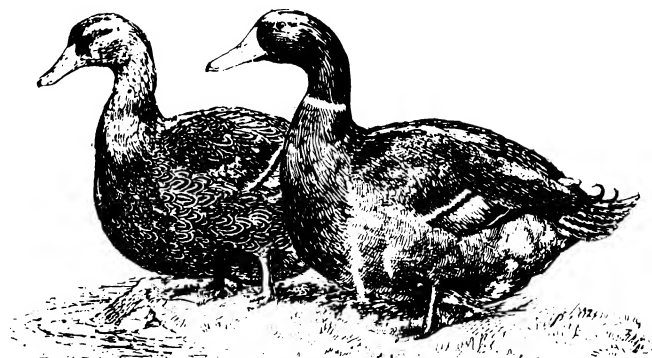
Of all the domestic poultry and waterfowl which are kept in this country there is surely no more beautiful or striking a creature than the Rouen (pronounced rowan or ruin). A large, quiet duck which originates from an area near Rouen in France (whence the name), the Rouen was perfected by breeders in England last century and has been kept in Australia for many years. Yet strangely, despite its excellent eating qualities and its glorious plumage, the Rouen has been largely neglected by smallholders in this country and most of the good strains left are in the hands of specialist exhibition breeders.

It is hard to understand why this should be so. As a table bird the Rouen is without equal. It will produce copious amounts of dark, succulent flesh at 12 to 16 weeks and is a very efficient converter of feed into meat when compared with other purebreds. If grown on the range and fed a well balanced mash that isn't overloaded with protein, it will also produce a comparatively lean meat with little body fat. As a side benefit birds killed at full plumage (16 to 20 weeks) will also yield a good quantity of superb down – our daughter's cot is quilted with a doona that is thick and fluffy with the warmth of about fifty excess males. The laced blue grey feathers of the males' flanks are also very popular with fly fishermen, and could be a good source of income for a person with the right marketing approach.

A flock of Rouens is a magnificent sight out in the paddock or swimming on a dam. The drakes are superb creatures when in full plumage, with a striking bright beetle green head and vivid white neck ring contrasting sharply against a deep claret breast and shining black back which gives way on the flanks to subtle tracings of blue grey and white chainmail. The females are dull by comparison, but when viewed close up their feathers are superbly laced with double and triple patterns of black on almond or brown, and their back markings are similar to those of the Barnevelder hen.



A Rouen duck. The breed is quite massive with drakes weighing up to 4.55 kg (10 lb) and ducks 4.10 kg (9 lb). The duck's keel is just clear of the ground, a desirable characteristic in this breed.



A pair of Rouens with the drake (right) displaying plumage markings similar to its forebear, the wild Mallard.

Many people mistake Rouens for the common Mallard, but apart from being less than half their size, the Mallard entirely lacks the keel which gives the Rouen duck especially its massively deep, long, low slung appearance.

The Rouen is not an easy bird to breed. Like the Pekin and Aylesbury, the other two larger breeds of duck most popular in this country, fertility can be a problem and a pond or small dam is very necessary to ensure effective mating for such large and cumbersome birds. I've spent many a sad tea break watching a poor land bound aged drake trying to haul his great bulk onto the restless back of an impatient female. The secret to successful breeding with this duck is water to mate on and the mating of young vigorous males to older females. Never breed with a drake after his second season – you might be successful but you will more probably fail to get results. Ducks on the other hand should be kept for breeding as long as they produce eggs – often until they are five years old.

When buying birds or making up a breeding pen, always choose large males with nicely rounded backs and no sign of white patchiness in the flanks. The neck ring should be at least 1 cm (1/2 in) wide and distinctly marked – no running onto the claret on the breast. Some breeders will keep males until the autumn moult when the drakes take on female feathering, choosing those birds with the best lacing for next season's breeding. Major faults to watch out for are: lack of a keel and absence of a neck ring, an upward curving or dished bill and straight back – a Rouen should have a lovely curving outline similar to the brow of a hill.

Rouen ducks will not lay many eggs and it is vital that you do not let them gather a clutch and go broody. They make lousy mothers, often leaving the nest halfway through a sit or squashing ducklings as they hatch. Use a Muscovy to hatch Rouen eggs and collect them daily to encourage the ducks to lay to their full potential. Eggs should be stored in open cartons in a room without great variations in temperature – an unheated bedroom is ideal. Mark the date on the top of each egg with pencil as it is collected and turn each egg top to bottom once a day. Eggs will remain viable for up to two weeks, but one to eight days is the ideal. The idea with fostering is to let a Muscovy make a nest and lay a clutch in a pen separate from your Rouens. When she is sitting, take your Rouen eggs and replace all of the Muscovy's with the foster brood. If you

haven't enough collected the Muscovy can be allowed to sit on her own eggs for up to a fortnight, but watch out for lice if she hasn't access to swimming water whilst sitting.

Using Muscovies in this way I have never had problems with hatching – averaging 70 percent of eggs set, which is a high figure for this breed. The secret again is to have water for swimming and mating, daily range to stop them getting too fat, and a strict policy of mating young drakes to older ducks

Despite the difficulty with breeding, it is well worth trying this breed for your smallholding. Apart from the value of their meat and their beauty, they are excellent foragers and deadly on slugs and snails. I run my birds through the orchard and vegetable garden every winter. Being so heavy they will not fly, and are controlled by netting fences as little as 60 cm (2 ft) high. Get yourself a Rouen or two – they are well worth the investment.

HERBAL INSECT REPELLANT

Dried thyme, lavender or rosemary will keep moths from clothes and silverfish from books.

POULTRY BREEDERS DIRECTORY

The directory describes the pure breeds currently being kept in Australia and lists the breeders who keep them. It mentions breeds that are popular and those that are rare or at risk from lack of support. Whether your interest be in turkeys, fowl, ducks, geese, peafowl, pheasants or guinea fowl, this book is a must.

* The Poultry Breeders Directory costs \$5.00 and is available from: Night Owl Publishers
PO Box 764 Shepparton 3630.



ODE TO THE BACKYARD DUCK



*I love this sunburnt country
With its lovely bushland trails,
The only thing that mars it
Is the million blasted snails.
They eat my fruit and vegies,
And all my flowers too,
And though I've tried most everything
They still come shining through.*

*They bring their uncles and their aunts, .
There's rellies by the dozen;
As well as all the city snails
There's all their country cousins.
I said I really do not know
Exactly what to do,
They really do upset me so
They make me feel quite blue.*

*And so I wrote a letter
To Grass Roots magazine,
It really is quite good you know,
The best I've ever seen.
And some kind guy, he answered me
And gave me some advice.
I must say that he caused a laugh,
I'd say he's very nice.*

*He said to grow the snails some weeds
In their own small garden bed,
But this does not fulfil their needs,
They eat all mine instead.
But now I am a happy man,
I've cured the snail influx.
I spent a few small dollars
And bought myself some DUCKS.*

GR Reader

BUSHFIRE HINT

In the event of bushfires block tops of downpipes with old tennis balls and fill guttering with water. This helps prevent flying sparks from igniting the eaves.

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CONCRETE PIERS FOR TANKS

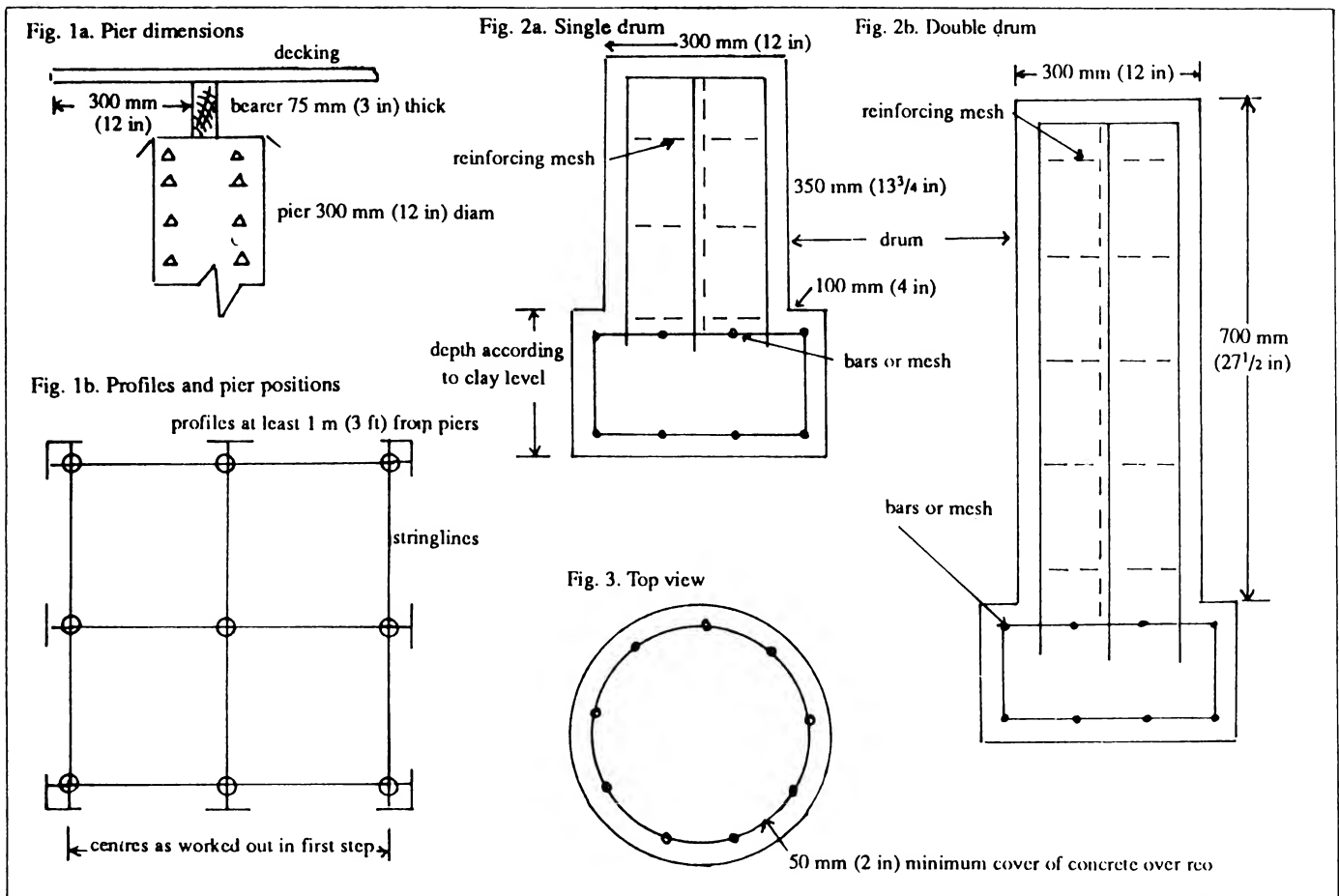
by Kevin Parsons, Weston, NSW.

Here is a suggestion as an alternative to timber piers for galvanised iron tanks that can be built up to approx 1 m (3 ft) above the ground. What I used was 20 l (4 gal) drums with the tops and bottoms cut out to make the formwork for the concrete piers for my water tank. They can be used singly or as a pair, but I haven't tried using them as a triple. The size of the drums I used are 360 mm (14 in) high x 300 mm (12 in) diameter. These figures will vary depending on whether you use an oil drum or detergent drum. Working on the above measurements a pier of 1.4 m (4 ft 7 in) may be possible to make using the method outlined below. Note that these piers can only be used for galvanised iron tanks – concrete tanks must be placed on the ground according to instructions.

My first step was to measure the diameter and height of the tank. This allowed me to work out how many piers I would need and how high they should be, also the thickness of the decking, depth of bearers and how much fall from shed to top of tank with the downpipe. The bearers I used were 150 x 75 mm (6 x 3 in), decking 150 x 50 mm (6 x 2 in) with a fall of 50 mm (2 in) for the downpipe. The diameter of my tank was 3 m (10 ft) with an allowance of 100 mm (4 in) all around so that the tank wasn't sticking out over the decking.

The next step was to set out the profiles (stake and string guides around the perimeter of the construction site to give correct levels and right angles. How to set up profiles is discussed in the *Earth Builder's Companion* under 'Site

Preparation', p 45). First I marked out where the tank was to be sited, allow for the decking to come out past the bearers 300 mm (12 in) each end. This gave me a pier centre (distance from centre of one outside pier to centre of other outside pier) of approx 2.5 m (8 ft 2 in). Also allow for half thickness of bearer (figures 1a, 1b). Without going into details on how to set up profiles, it is best to keep them approx 1 m (3 ft) out from where the piers are to go. After setting out the exact height on the profiles I placed a stringline from profile to profile to give me the centres for the piers (figure 1b). Profile setup may vary depending on slope of ground, area where tank is to go, etc – maybe another reader could expand on the basics of setting these up. When digging holes for piers I allowed 200 mm (8 in) diameter more than the drums being used so as to create a footing able to take the load. The holes were dug down to clay which varied from 350 mm (14 in) to 600 mm (24 in) below ground level. I used nine piers to carry the weight of the 13,600 l (3000 gal) tank. The weight is 13,608 kg (30,000 lbs), which gives each pier an approximate weight load of 1500 kg (3400 lbs). To work out the volume of your tank the formula is Diameter x Diameter x Height (in feet) x 4.9 to give answer in gallons eg $10 \times 10 \times 6 \times 4.9 = 2940$ (called 3000 gals), to convert to litres multiply by 4.546. One gal water = 10 lbs, to convert to kgs multiply by 0.4536. Before pouring the concrete make sure the drums to be used are the required height, working off the string lines. Reo can be placed in footings and piers to



strengthen them in accordance with good concrete practice. Normal concrete mix can be used i.e. 4 parts metal, 2.5 sand and 1 cement. I used 1.5 cement for extra strength.

When I joined the drums I pop-riveted them together to make stripping easier. The reo I used was 6 mm (1/4 in) dia with 150 mm (6 in) squares, folded around so that a minimum cover of 50 mm (2 in) was obtained on the sides and top with the reo protruding down into the footing. The footing mesh was 12 mm (1/2 in) bars, or mesh can be used (figures 2 and 3).

Pouring of piers was done individually. Set up reo in footing and pour concrete to required height. Then place pier reo in position, set up drum formwork and continue pouring pier, making sure that top of formwork is at the correct height with the string lines. Float off with wooden float, so that pier caps can be used to help stop white ants. Use flashing between pier cap and pier to stop cap rusting.

When stripping I used a hammer and cold chisel to remove formwork (I left piers for one week before stripping). Starting from top knock chisel down between formwork and concrete, so that it causes the drum to split. Do this all the way and you will find that the drum will be able to be peeled off your pier. Warning: be careful not to cut hands on sharp edges of drum.

This is only the basics of what I have done – other people may find different ways of doing them just as effectively.



CLEANING A METAL TEAPOT

To remove mustiness from a metal teapot and to clean the inside, fill the pot with boiling water and drop into it a red hot cinder. Close the lid and let stand for several hours. Empty and rinse with clean water.



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GARDENING WITHOUT A GARDEN

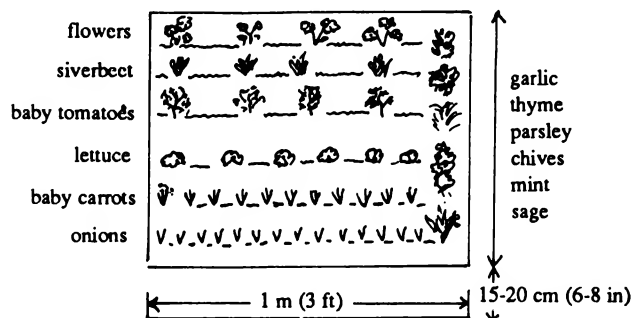
by Michael Baldacchino, Footscray, Vic.

How many times have we heard someone say, 'Gee I'd love to grow something, but I have no space . . . I haven't got any time . . . ' Well don't despair, here's a tried and proven way to grow vegies or whatever from very little space, time and effort. This method is ideal for flat dwellers with just a balcony or those who want a bit more than pot planting or window-boxes.

You will need:

- 4 equal lengths of wood, about 1 m (3 ft) long by at least 15-20 cm (6-8 in) wide;
- a small bucket (or two) of small pebbles;
- a bucket of fertiliser, preferably animal manure;
- and two of those packs of commercial potting mix.

To start, pick a rather sunny spot on your balcony, verandah or pocket handkerchief backyard and arrange the wood to make a square frame. Hammer three nails in every corner to support the square frame. What could be simpler? Now spread the pebbles on the ground evenly within the frame. When that's done, fill the box quarter full with soil then add the manure followed by more soil until the frame is full. Give the soil an even mix making sure that you don't bring up the pebbles. Water it lightly and wait about two weeks for the manure to rot. Should weeds appear, just pull them out. You are now ready to plant your new garden.



It is up to you to plant what vegies you like but the ones I've included are most popular and productive. It is important to reserve a row for herbs as they add flavour to meals and may even keep insects away from your 'garden'. Water every few days or when the soil feels dry, pull out weeds if they appear and give liquid feed every couple of months. For those artistic few, you can even replace a row of vegies with some colourful flowering plants. And finally, don't feel restricted by size – be creative. Happy gardening.



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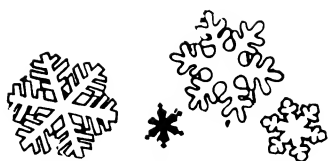
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Christmas Stars

by Christine Taylor, Black Forest, SA.



When I started thinking about crocheting stars I looked through my pattern books, but most of those I found were far too big, so I played around and came up with these variations for small stars. I use green or white sewing cotton to hang them so it isn't seen against the tree.

BASIC PATTERN

Row 1: chain 4 and make into a ring.

Row 2: chain 3, treble into ring 11 times, slip stitch into 3rd chain to complete the row.

Row 3: chain 3, double treble into next treble, chain 5 stitches and make into a picot with a slip stitch into the top of the double treble, chain 3, double crochet into next treble. Repeat five times (six points). End off with a slip stitch into the base of the first chain.

VARIATIONS

Filled-in Stars

Rows 1 and 2 as above.

Row 3: chain 3, treble twice into next treble, make picot as above into the top of the treble, treble once more, chain 3, double crochet into next treble. Repeat five times (six points). End off with a slip stitch into the base of the first chain.

Stars With Linked Arms

Rows 1 and 2 as above.

Row 3: chain 3, treble 1, make picot as above, treble 1 into slip stitch, chain 3, (miss 1 treble, treble 2, picot, treble 1 into next treble, chain 3). Repeat () four times (six points). End off with a slip stitch into the top of the first chain.

Larger Linked Arm Stars

Rows 1 and 2 as above.

Row 3: chain 5, treble 1, chain 2. Repeat 10 times. End row with a slip stitch into the third chain.

Row 4: chain 3, treble 2 into next chain space, picot, treble 1 into the next chain space, chain 5, (treble 2 into next chain

space, picot, treble 1 into next chain space, chain 5). Repeat () four times (six points). End off with slip stitch into top of first chain.

Larger Open Stars

Rows 1 and 2 as above.

Row 3: as above.

Row 4: chain 3, treble into same place, chain 5, (miss 1 treble, treble 2 into next treble, chain 5). Repeat () four times. Finish row with a slip stitch into top of first 3 chain.

Row 5: chain 3, picot, treble 1 into same place, chain 3, double crochet into middle of 5 chain space, chain 3, (treble into top of next treble, picot, treble into next treble, chain 3, double crochet into middle of 5 chain space, chain 3). Repeat () four times (six points). End off with slip stitch into top of first chain.

Solid 8 Point Stars

Row 1: chain 5 and make into a ring.

Row 2: chain 3, treble 15 into ring, slip stitch into top of first chain.

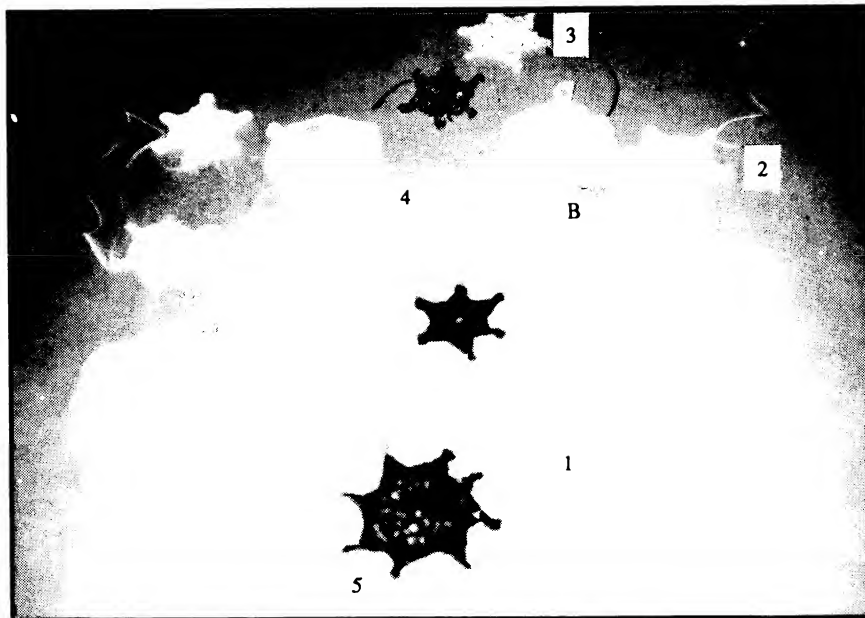
Row 3: chain 3, treble into same place, treble 2 into each treble, slip stitch into top of first chain.

Row 4: double crochet into slip stitch, half treble and treble into next treble, picot, treble and half treble into next treble, (double crochet into next treble, half treble and treble into next treble, picot, treble and half treble into next treble). Repeat six times (eight points). End off with slip stitch into first double crochet.

- Different thickness threads will produce different sized stars, or more delicate ones, as required.
- Lurex threads give a glitter to the work. Try your own variations.

FINISHING OFF

Use a tapestry needle to thread ends of cotton into work so it will not unravel, and snip with scissors.



B – basic pattern

1 – filled in star

2 – star with linked arm

3 – larger linked arm star

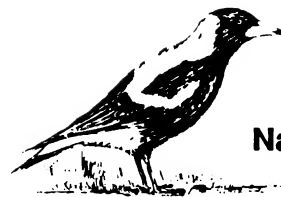
4 – larger open star

5 – solid 8 point star

Christmas Stars *continued*

Stiffening

A sugar solution is the old method of stiffening and it still works well. Pour a cup of boiling water onto 2/3 cup of sugar and dip the stars into it as soon as the sugar dissolves. Pin the stars out on a sheet of cardboard and wait for them to dry – this may take several days, depending on the weather. One of the clear craft glues can be used instead of sugar syrup, and this will also need to be left to dry in the same way. If the stars are too stiff for your taste once they are dry, they can be softened by dipping them briefly into hot water and hanging them to dry again. They will retain their stretched shape if they can hang freely. I have had sugar stiffened wedding bells in a cupboard for eight years without ant or other insect problems.



Farm Birds Nature's Pest Controllers

Most species of birds feed on insects to a greater or lesser degree and in so doing may contribute to holding down herbivorous insect populations. Christmas beetles are eaten by cuckoo-shrikes, kingfishers and the larger honeyeaters, while whistlers snatch leaf beetles and caterpillars from eucalypt foliage. Cuckoos too eat larvae, specialising in unpleasant and hairy species. The smaller honeyeaters eat many insects, especially in spring and summer, particularly concentrating on the sap-sucking lerp and scale insects. The tiny pardalotes, thornbills and wrens also eat a wide range of insects. Flycatchers and swallows take beetles and moths as well as flies. Even parrots include insects in their diet.

Birds not only take insects from trees, they also eat pasture pests. Magpies are most important in this respect, taking thousands of scarab larvae per hectare each year. Ibis may consume large numbers of insects from pasture, particularly grasshoppers and larvae, but their activities are often local. It should be realised though that predation by birds of pasture insects is likely to be greater where pasture and woodland meet. Many woodland birds like choughs and some of the flycatchers, robins and wrens may venture into pastures to forage. Birds may also take pasture insects like scarab larvae and grass grubs as adult insects when they are in flight or feeding or resting on trees.

Reprinted from Nunawading Community Gardens Co-Operative newsletter, C/ Phyl Ward, 16 Sylvan Ct, Forest Hill 3131.

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REMOVING GREASE FROM FABRIC

Sprinkle with talcum powder to absorb the stain, then cover with brown paper and iron with a hot iron. The grease will be absorbed into the paper. Repeat if necessary.



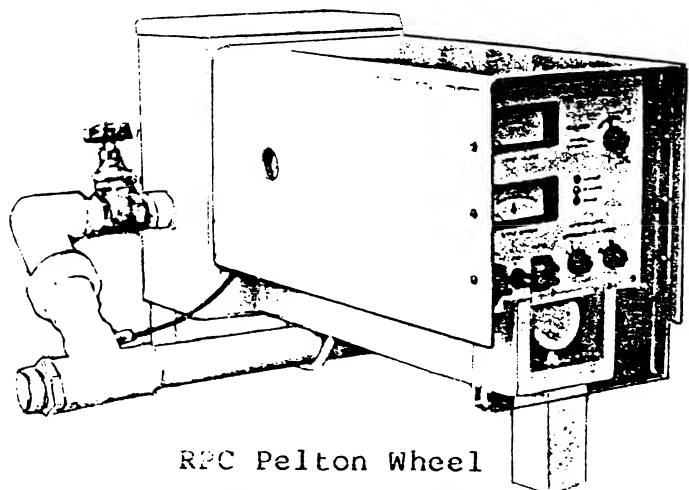
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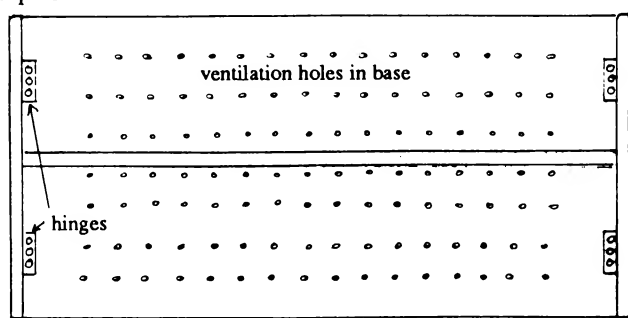
Some time ago I decided that instead of buying in seedlings, I wanted to raise my own. I also wanted to get an early start on with tomatoes, capsicums, cabbages, etc, so I needed to have a small 'plastic house' of sorts to raise them in so they were warm, had plenty of sun and were safe from frost and wind. It also had to be foldable so it could be packed away when not in use, and constructable from material that I had available.

I had some lumps of 20 mm (1 in) thick plywood hanging around so I decided to use those. One piece was 985 mm x 485 mm (39 x 19 in) so I used that as the base and cut two sides to fit, these being 485 mm (19 in) wide by 385 mm (15 in) high. This should be high enough to allow for seedling growth. I then hinged the two sides to the base so they would fold in flat. Using a brace and bit I then drilled in a depression at the top of the side pieces. Into this depression fits a length of broomstick cut to size (hope the missus never finds out!) to keep the two sides apart. This leaves the back, top and front open.

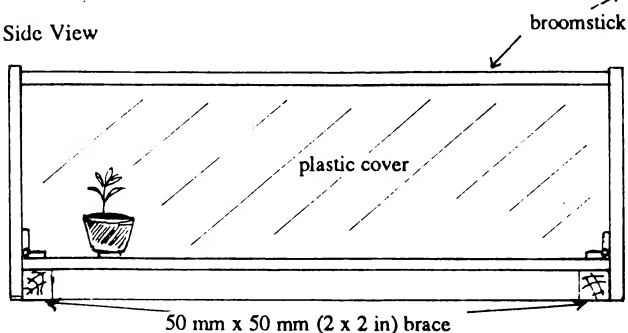
So plenty of sun could get into the seedling-raiser I used thick plastic to cover the open sides. The plastic I used was industrial shrinkwrap but any thick, clear plastic would do e.g. the plastic used for urea bags would be ideal. I have used this setup over a few years and the plastic lasts only about one summer, so must be regarded as a replaceable item. To improve ventilation the plastic does not go all the way down to the bottom at the back but stops about 50-75 mm (2-3 in) short. I also drilled 6 mm (1/4 in) holes in the base on about a 50 mm (2 in) square to assist in ventilation.

On the whole the beast works well but can get too hot as spring progresses or if an unseasonal hot spell occurs. Water must also be kept up to the seedlings. Covering the punnets or flats with a couple of layers of paper keeps the moisture in, ensuring germination. Covering part of the top can also reduce solar heat input.

Top View



Side View



Now, having seen it work raising the seedlings, then be folded up and put away, it occurred to me that it might be useful later on in the year to dry surpluses. I made up a wooden frame and stretched fly wire (new not used!) across it to ensure all-round ventilation. Fresh juicy capsicum pieces are totally dehydrated in two good days of sun, the same goes for chillies and onions. I have not tried fruit but it may take longer because the pieces would be larger. As a drier it is not as efficient as some I have seen and if large amounts of material are to be dried then the time required could be a problem. However to dry your own produce in this way costs you nothing and so it has a lot to recommend it.

The dryer/seedling-raiser was constructed using material I had on hand, and so my design should be taken merely as a starting point from which you can develop your own ideas.

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Solution To Dusty Tracks

by Christine Taylor, Black Forest, SA.

The tracks on our block become very soft whenever we are without rain for a month or so. I am sure there are lots of others with the same problem. So far, no one has been bogged on our tracks but it has happened on the block next door. A light rain on the dust certainly makes the tracks slippery. So what to do about it?

During WW2 there were a number of airfields built in the north of Australia on which oil was poured to stabilise the soil. We thought we would try the same thing on our tracks. We have a contact in the motor repair business so we know that all the oil that is emptied from engines when they are serviced must be disposed of in some way. Putting the two factors together Geoff designed a spreader to go on the back of our van and our tracks are now almost dust free.

The spreader is made out of plastic water pipe with a metal hitch so it can all be bolted on easily. After a bit of experimenting and doubling the number of holes in the outlet this is what we use now (photograph 1).

The T-piece is made in 25 mm (1 in) rigid water pipe with removable end-caps. The funnel was cut to the shape shown in the diagram and soldered together. The box shaped wooden frame has the T-piece clamped to it with saddles and the whole contraption bolts through the tow bar. The holes in the bottom of the bar are 4 mm ($\frac{5}{32}$ in) at 25 mm (1 in) spacing.

When we use the oil spreader, Geoff crouches in the back with the full drums all around him and I drive very carefully and slowly along the tracks. The instructions go like this: 'OK, off you go – slow, slow, faster, slow, a bit faster, slow down, I'm changing drums, OK, off you go again, slow, faster, slow' etc. You can see the picture. The changes of speed instructions have two causes. Firstly, some of the oil is very thick and some runs more freely. Secondly, wherever there is a bump in the track, however small, I have to rev up to get over it and then slow down as I pass it, but there are two sets of wheels to go over the bump, which makes judging when to rev up and when not to, difficult to say the least. It's great fun, really.



Our stabilised track after covering with recycled engine oil.

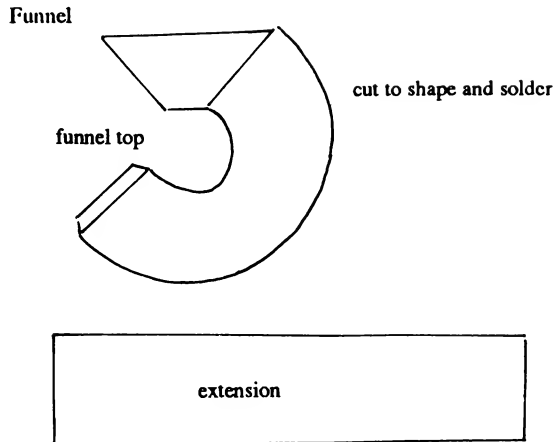
The result of an oiling run can be seen in photograph 2. We have done half the track at a time, in places, to improve the cover. It really does hold the dust down, even with just one pass.

We do find it necessary to pour boiling water through the pipes before and after each oiling session to keep the holes clear. In case there are ever any big lumps we have left the end-caps unglued for easier cleaning. The photograph does not show the newspapers we spread across the back of the van to protect the inside, but I can assure you the oil does splash a bit. It's well worth it, though, to put up with a bit of oil splashed around when it makes such a difference to the track.



The simple homemade oil spreader in position in the van with tins of oil positioned ready for pouring into the spreader.

Continued from p 64.



CLEAN UP AUSTRALIA DAY

People from all around the country are being asked to help Clean Up Australia on January 21, 1990. This project stems from the efforts of solo yachtsman Ian Kiernan, who initiated the wonderfully successful Clean Up the Harbour Day in Sydney early this year. So much interest was generated that the organisers decided to mount a national campaign of community participation to clean up Australia's waterways and parklands of unsightly and damaging rubbish. The campaign, sponsored by Westpac, encourages local communities to realise that this country belongs to everyone and all should take an active role in looking after the environment. If you'd like to organise a Clean Up in your area, call the national office on 008-021-979 toll free. You'll receive a detailed instruction kit, video and assistance with promoting the idea in the local community. Show the way to a cleaner future.

Coping With Snakes

by Sandi Feller, Portland Roads, Qld.

Having read with interest Don Lawie's story of pythons and poultry and how he dealt with them (GR 64 and GR 65) it reminded me of my own trials and tribulations with scrub pythons and my ducks. As most people's instinctive reaction is to blast the unfortunate intruder apart, I feel I would like to recount my experiences and some natural history of the creature.

Pythons certainly seem to be attracted to the smell of poultry, as we've had about a dozen visitations from them in 6 months, the smallest being 2 m (7 ft) and the largest 4 m (12½ ft). We have lost a couple of birds due to carelessness and ignorance but have now made snake proof enclosures and lock the ducks up before dark, after checking inside to make sure no snakes have slipped in during the day.

The first visit we had was about 1 a.m. when I was awoken by a blood curdling squawk (we were at a temporary campsite, having just arrived at our land, and the ducks were very close). I leapt out of bed fumbling for the torch, and shone it into the big cage, which had 4 x 5 cm (1½ x 2 in) mesh – we were green then! There was a huge python wrapped around the now quiet, resigned duck. I fumbled the catch open and in my rage and haste reached in and grabbed the snake behind the head. It, of course, let go of the duck and turned to deal with the new situation. We measured that first one at over 4 m (12 ft) which was to turn out to be about the size of most of our slithery nocturnal visitors.

Of the 10 or 12 that have come after the ducks, I have caught all by hand, and one night 2 of them. Most were removed to rainforest a few miles downstream, a couple I've cooked and eaten – and nice eating they are, too. For the cooks among you, after decapitating, I skinned, gutted and chopped them into 15-20 cm (6-8 in) lengths, and simmered them for at least 2½ hours, with soy sauce, a little oil, onions, garlic, wine and herbs, water added when necessary.

They are mostly very placid reptiles, I've found, slow moving, with attractive patterning. They are commonly known

as scrub or rock pythons, or more properly amethystine pythons (*Liasis amethystinus*) and are found on the north eastern Cape York Peninsula and Torres Strait Islands in Qld. They inhabit a wide variety of habitat from rainforest, to open savannah woodland, monsoon forest and scrubby vegetation on coral cays. They feed on a wide variety of vertebrates (besides poultry). The average length is about 3.8 m (12 ft) though they can be found up to 15 ft and Eric Worrell records a giant specimen of 8.5 m (28 ft).

Recommended Reading

An article featured in *Grass Roots* No. 46 called Removing Unwanted Fauna by Danny O'Brien features details on how to guide your unwanted python guest into a bag or box for relocation.

AVOCADO TIPS

To ripen avocados, wrap individually in dry newspaper and leave in a warm dry place. If they are sufficiently ripe, store in the vegetable section of the refrigerator. Discoloration when slicing can be delayed by brushing cut surfaces with lemon juice. Although usually served as a salad or entree, avocado can also be made into a good ice-cream.

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GROWING LUFFA GOURDS

by Merrill Gilfillan

The luffa, also known as the dishcloth gourd or vegetable sponge, belongs to the Cucurbitaceae family and is native to tropical or warm-temperate areas. Only two of the several species are of economic importance – *Luffa cylindrica*, the most valuable, and *Luffa acutangula*. The luffas are rank-growing vines with lobed leaves and tendrils. The flowers are yellow and the stamens and pistils are on separate flowers. The fruits of *cylindrica* are green, smooth and elongate, suggesting a cucumber, and they grow to 65 cm (2 ft) in length and 2.2 kg (5 lb) in weight. The fruits of *Luffa acutangula* have 10 sharp ribs or flanges running lengthwise. The net-like fibrous skeleton of the gourd is the remarkable feature of luffas that gives them economic importance. When the fruit is ripe, the outer wall may readily be removed and only the compact fibrous network remains. In the core of the net each seed is held in a pocket. The tip of the fruit comes off as a small lid at maturity, and the seeds gradually loosen and may be shaken out through the hole.

USES

The luffa sponge network has a number of advantages over other fibrous materials which gives it economic value. Its strands form a compact network and thus make a continuous structure. This has a large internal surface which holds water well and it is well adapted to washing dishes, glasses and narrow jars, and for cleaning forks by thrusting them into the net to clean the narrow spaces. It is very resistant to wear and is used for scouring and rubbing down painted surfaces. In England luffas are used as bath sponges. The fibre is resilient and is used for shock absorbers, table mats, packing material and stuffing for pillows, mattresses and saddles. It is also used as a heat insulator in tropical helmets! The young fruits are eaten, and the sap of the vine is believed by the Japanese to have medicinal properties. The fibre is used by sportsmen to clean guns as it doesn't injure metal and gives a nice sheen to the gun barrel. The chief economic use, however, is as oil filters in steamships.

Sponges are prepared for the market by placing the fruits in tanks of water until the outer wall disintegrates and can be removed by rubbing or brushing. The cleaned sponges are exposed to sun and air on platforms, or strung on wires to dry and bleach. Since the lighter coloured sponges bring better prices, hydrogen peroxide is often used to bleach them. The seeds must be removed before marketing and then they are ready for grading.

CULTIVATION

Luffas are sensitive to the cold and the seed should be sown only after the ground is thoroughly warm in the spring. They require a 140-day growing period. Be patient if the seeds are slow to sprout, as this is a characteristic of luffas. They grow best in a sunny location and in soil that is rich and organic. Plant three or four seeds to a hill, 1 cm ($\frac{1}{2}$ in) deep, with the hills 1-1 $\frac{1}{2}$ m (4-6 ft) apart. To get greater production, place a shovelful of rotted manure or compost in a hole, cover with 1 cm ($\frac{1}{2}$ in) of soil. Shallow cultivation is recommended. For the best results in obtaining superior quality luffas, the plants should be grown on a trellis or wire fence so the fruit does not touch

the soil. Many more plants can be grown per acre than where grown on the ground. Under favourable conditions, as many as 24,000 fruits may be grown per acre. Luffas require plenty of moisture during their growing period so watering should be done in dry spells if possible. Better quality luffas can be grown by removing all the first flowers that appear on the plants as well as fruit that is poorly shaped or diseased.

Controlled pollination is very easy as with most cucurbits, since staminate and pistillate flowers are separate. In the late afternoon it is possible to determine which flower buds will open the next morning, for the tips of these begin to turn yellow. If the tips are tied up at that time with a loop of soft cotton string, the flowers cannot open and the bees are thus prevented from entering them. On the following morning, pollen can readily be transferred to the stigmas of pistillate flowers. The latter should then be bagged for a few days until the stigma dries.

Luffas are a profitable crop, according to experienced growers as each vine will produce 20 to 25 gourds.

Reprinted with permission from a bulletin of the American Gourd Society, Box 274, Mount Gilead, Ohio, 43338 USA.



PENPALS

Hi! My name is Jaime Pryor and I am 12. I would like girl or boy penpals aged 11-14. You might think I am a boy but I am a girl. I collect stamps and stickers and a few coins. I enjoy bushwalking, riding my bike and swimming. I will answer all letters from penpals in Australia, New Zealand, or America.

7 Mylchrest St, CAIRNS 4870.

My name is Trudy White. I am 18. My interests are the army, footy, tennis, reading, dancing, movies and music. Only male pen pals between the age of 18-24.

14 Station Rd, WAMURAN 4512.

My name is Coral Moore. I am aged 42 and interested in music, sewing, gardening, craft, photography and walking.

'Unfaan', Myall Vale, via NARRABRI 2390.

G'day! My name is John Wilson. I am 7 years old. I would like to hear from any young people that have the same interests as me around the same age – camping, horse riding, rodeos, bushwalking, motorcross.

C/- Post Office, NEBO 4742.

G'day! I'm 25, married with 3 children. I would like to hear from anyone having the same interests as myself – horses, boats and fishing, crafts, gardening, good music and a good jam session with the guitar.

Pauline Wilson, C/- Post Office, NEBO 4742.

Hi! My name is Brian Walicki and I am 11 years old. I would like a boy or girl penpal 10-13 years old. I enjoy swimming, bike riding, music and cricket. I will try to answer all letters.

41 Hydrae St, REVESBY 2212.

I would like to correspond with people who care for peace and the environment. I am a widow, aged 58, and have many interests including music (all kinds) and art, reading etc, and would like to hear from males and females of any age. I will answer all letters.

Rhoda Watson, PO Box 273, NORTHAMPTON 6535.

Down home on the farm...

by David Miller



It has been some time since we had a pet lamb. I can easily remember the last one because I heard it long before I saw it. While on my way out one morning, I heard the typical pitiful bleating of an orphan in the paddock next door and can remember hoping that it would quickly find its mother and not just run around the fence calling to be rescued. I returned in the afternoon to find a new member of the family securely installed, well fed and starting to enjoy human company.

Our latest lamb is called Merle Merino. She was left behind when a mob of sheep were being moved from a neighbouring paddock and has settled in to be one of the real characters around the place. Merle has quickly learnt what Sunshine and I have known for many years, that the chooks get the best feed around here and that to survive well you need to get into the poultry system somehow. Merle's response has been to sniff out the wheat, oats, bran and mash to supplement her diet of milk. This could well prove to be her undoing as a number of hasty meals of wheat have so far resulted in a swollen and sore stomach, and she has had to be banished to the paddock when not being fed so she doesn't have the opportunity to raid the feed shed.

Regardless of her lack of real intelligence, however, she is very much like a dog and takes the poultry tour at feed and lock-up time. You will always see Merle dancing around Megg and the wheelbarrow, and racing to be first through each gateway. I am always surprised at how quickly a lamb can change from being a flock animal to a domesticated pet. It seems much more difficult for we humans to make some relatively minor changes. Just imagine the psychological disturbances associated with having a grown sheep replace your mother and having to live like a sheep for the rest of your life! But Merle typically takes the whole transition as part of the day's work and obviously has a lot of fun.

This year, Megg decided to take a relaxed approach to poultry breeding. She did not start the incubator until October, after I had made some minor adjustments to it. But shortly after she switched it on the motor blew, so that had to be repaired, and we decided to have a new water tray made. When that was completed we started up again and set a few dozen turkey and chook eggs. All went smoothly until yesterday there was a major disaster. We were having a family discussion on how best to co-ordinate Sunshine's weekends at home with magazine deadlines and my work away on the farm when the bearing on the incubator fan failed. This requires a major overhaul, all the eggs have to be discarded, the machine dismantled, and the whole operation restarted with new eggs. Megg was most upset as the poultry are nearing the end of their peak laying period and there may not be enough eggs from now on.

At times like these, we eventually cheer ourselves up with stories of persistence from those we have met over the years.

One couple who had farmed on bush blocks most of their lives and trapped rabbits during the Depression to survive used to tell us how they had a 120 ha farm covered with bracken, and everywhere you walked on it you could hear scores of rabbits scurrying away under the thick fronds. They had to walk their cows in to be milked by hand twice per day, tie each up to a post in the paddock, and if it rained you would have to just lean further under the cow. Perhaps life is not so bad after all.

I have realised we all accomplish more than we are aware, even if everything is not proceeding according to plan. On the farm I am always working on what must be done and feel progress is too slow, but visitors usually remark on our achievements. I have learnt to take more notice of them. Megg's latest disaster may be offset by the unusually long spring we are having this year, with rain and cool weather well into November. This may extend the laying season of her poultry and she may well have the eggs she needs for the 'infernal machine' after all.

Actually the long season has affected women's equality in our household. The grass has grown so quickly that Megg has spent much time on the ride-on mower, cutting paths to the different poultry sheds and keeping the rough spots cleared to lower the fire risk and prevent her birds nicking off to nest. Some of these jobs have required a little trick steering and I have often arrived home to be greeted with a crestfallen request to extract the mower from the drain, the wire fence or the narrow gateway. It seems she has found a use for me after all.

Perhaps I have become more dutiful, too, but this also has its costs. While washing the dishes one evening I collected a plateful of scraps that could be recycled through the chooks. I wandered out in the late dusk to scrape them into one of the mash buckets. I found one on its side in front of the feed shed and with a flick of the boot turned it upright. As I scraped the plate, I can remember thinking that one end of the wire handle seemed to be rather thicker than it should be, then I heard an angry adolescent hiss. Surely it couldn't be a snake. I started back for the torch and suddenly realised that if I didn't get a move on, it might escape and pop up in one of the feed bins and do some real damage. So I yelled for the torch and we deleted the reptile. I should add that it is not my policy to kill snakes, but the ones that get too near the house come under the law of the jungle.

Next day Megg inspected the body and found the snake had been wounded by the mower – obviously an adolescent tiger snake out for revenge. When I observed to Megg that she might have lost me as a result of her mowing binge her response was to wonder who would restart the mower for her in that circumstance. Hmmm.

Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

AN AUSTRALIAN WOMAN'S DIARY 1990 – compiled by Lyn Collingwood.

This attractively presented, spiral-bound diary will be of use to any busy woman. The diary pages are interleaved with photographs and short biographies of notable but little known Australian women whom the author calls 'unsung heroines'. Some examples are: Leslie Oldfield, first woman mayor of Alice Springs; Gloria Jones, a houseparent who has cared for 465 children; Isobel Bennett, a marine biologist and Rose Shaw, eccentric flower-stall holder in Sydney's Martin Place. An ideal Christmas gift for anyone's mother, sister, aunt or friend.

P/b, Aust, Hale & Iremonger. RRP \$11.95.

IT'S EASY BEING GREEN – Rob Gell & Rosslyn Beeby.

Australia's first mass-market paperback on 100 percent recycled paper is a joint project by environmental journalist Rosslyn Beeby and television documentary maker and geographer Rob Gell. At a time when the environmental doom and gloom list seems endless and the outlook grim, many people are asking what they can do and where to start. This book shows you in positive, practical ways how you can help. Suggestions include: designing an energy-efficient home and workplace; identifying environmentally unsound products and substituting safe ones; recycling; reducing noise, air, water and soil pollution; creating an environmentally healthy garden; farming effectively using non-toxic products and more. Many books on this theme have been published recently. Of those I have seen this is the best in terms of clarity, positive attitude and acceptability to a mass market. It would make an excellent gift for any environmentally caring person or for any person you would like to encourage to become so.

P/b, 131 pp, Aust, McCulloch Publishing. RRP \$12.95.

THE MODERN ECOSYSTEM: AN ULTIMATE LANDSCAPE

– Brian A Carter.

This book is the first of a planned long-running series in which the author sets the scene for a basic understanding of symbiosis or living together. He tells how it is possible for humans to relate not only to each other, but also to the environment and for all of the creatures in that environment to live together and benefit from each other. He offers a practical and philosophical opportunity to the present generation, to reverse the ramifications of the last 100 years of ignorance, destruction, misused power, greed and exploitation. Personal experience and experimentation on his own property near the Grampians in Victoria form the basis of the author's many practical suggestions on living in harmony with the environment. His ideas are not only on an individual but also on a community level. The importance of community involvement in local environmental issues such as tree-planting, playground planning and rubbish recycling is stressed on the basis that concern on a local level is a prerequisite for concern about broader environmental problems. It is a pity that so many errors of grammar and sentence structure and so much repetition mar the book, as they will irritate many readers and distract from the value of the ideas.

P/b, 81 pp, Aust, Squatter Publications. RRP \$8.95.

TEXTILE CRAFTS FOR BEGINNERS – Edited by Janet De Boer.

This book is the joint project of several experienced craftspeople and has been edited and co-ordinated by Janet De Boer, executive director of the Australian Forum for Textile Arts Ltd. It is the outcome of a bicentennial project aimed at promoting textile arts for the disabled. For the first time in one volume written with the novice in mind, you can find comprehensive instruction in hatmaking, spindle spinning, inkle weaving, papermaking, banners, transfer printing, latch-hooking, basketry and frame weaving. The layout is clear and easy to follow. Each section is amply illustrated with line drawings and beautiful colour photographs. The instructions also leave some scope for you to use your own creativity. An 'ideas' section at the back tells you how to adapt and simplify and how to generate ideas

with groups. There is also a resources section to put you in touch with groups and guilds that may prove useful. I was pleased to see a Suppliers Guide included, this small but useful addition can save many hours of searching for elusive materials. This book would make an excellent gift for any budding craftsperson.

P/b, 140 pp, Aust, Kangaroo Press. RRP \$19.95.

AN AUSTRALIAN GARDENER'S ANTHOLOGY – Edited by McPhee Gribble Publishers.

Any Australian with a love of gardening would be delighted to receive this book as a Christmas (or any other) gift. It is a collection of pieces chosen to convey an idea of the variety about gardens and gardening in Australia since 1788. The range of topics is broad, from the early days of settlement when vegetable growing was a matter of survival, the devotion to English cottage gardens and grand parks as familiar oases in this harsh, alien landscape, the growing popularity of native gardens, to the challenges of the modern urban garden. The first extract written in 1788 by George Worgan, surgeon from the *Sirius*, in a letter to his brother, describes the first farm on the site of what is now the Sydney Domain. It concludes, 'on the whole, it is evident that from some Cause or other, tho' most of ye seed vegetate, the Plants degenerate in their growth exceedingly'. The editors have searched archives throughout the country to collect many such gems. Idiosyncratic punctuation, dated spelling and botanical terminology used by the authors have all been retained and give the reader a sense of historical atmosphere. Generous illustrations add to this historic charm. These include many colour reproductions from original paintings, old photographs, line drawings and old seed catalogues. As well as being a delight to read or to browse through, the book contains much practical information for the modern day gardener.

P/b, 296 pp, Aust, McPhee Gribble. Distributed by Penguin. RRP \$19.95.

FIRE ENGINE LIL – Andrew and Janet McLean.

This picture-story book follows the classic children's story theme of the old fire engine/steam shovel/train pining away in the shed while the newer machines go out and do all the exciting work. Inevitably there comes a day when the old machine is called back to duty and saves the day – a rather overworked theme you may think. But this particular story is saved from banality by its refreshing Australian flavour that young children, especially country children, will identify with. One such instance is when, on the way to the fire, Lil is held up by a flock of sheep and advised by the drover to take the short-cut across the paddock. The illustrations are bright, full of action and add some whimsical Aussie character, as when the fire is at last out, the trestle table set up and everyone gathers around for a cup of tea. Adults may find the theme unoriginal but my 6 year old enjoyed it and I am sure it would have general appeal in the 4-8 year old age range. The younger ones will enjoy having it to read to them and will love the pictures, the 6-8 year olds will be able to read it themselves.

H/b, 32 pp, Aust, Allen & Unwin. RRP \$16.95.

THE ETHICAL BUYERS GUIDE – Compiled by Community Aid Abroad Annerley Group.

This booklet is a directory of businesses and organisations which provide an alternative for thoughtful consumers in south-east Queensland. It makes it easier for concerned buyers to consciously support the network of small businesses whose combined impact has the potential to bring about change. You will find businesses that raise money for community organisations, serve an educational or artistic need, give people a fair return for their labour and put environmental principles ahead of profit. Many social and environmental criteria for inclusion were considered and businesses listed must meet at least one of these. A useful reference for Christmas gift selection.

P/b, 20 pp, Community Aid Abroad Annerley Group, PO Box 280, Mt Gravatt 4122, RRP \$2.00.

ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

INSECTICIDAL SOAP SPRAY

Until the 1930's, when widespread use of chemical sprays became the 'norm', soap (not the detergent type used today) was used as an insect pest control on plants. Then in the early 1970's a Canadian scientist discovered that a particular fatty acid (soap) killed 100 percent of aphids during a pesticide test. Extensive development has produced a range of highly effective insecticidal soaps – all from naturally occurring products. Safer's insecticidal soaps kill insect pests by paralysis, disruption of respiration, breakdown of blood and interference with metabolism. Protective clothing does not need to be worn, however contact with the eyes should be avoided. Safer's products are biodegradable and do not contaminate groundwater or build up harmful residues. The soap spray is available in packs of 250, 500 and 1000 mls. Dilution rate is generally 10-20 ml per litre of water. For advice regarding your local stockist contact:

Qld – Burnell Agencies P/L. Ph: 07-394-2211.
NSW – Canfel Pet & Garden Supplies P/L. Ph: 02-533-3417.
Vic – Fertool Distributors P/L. Ph: 03-793-3844.
SA – Greens Horticultural Products P/L. Ph: 08-340-1022.
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WOODCARVER

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Ph: 097-561-352. Fax: 097-561-252.

AUSTRALIAN MADE INCUBATOR

The Raincroft Incubator is the modern development of an old system. It has been released onto the Australian market after some years of development and careful testing and is unconditionally guaranteed, not only against defects, but also to hatch eggs of various types – chicken, duck, quail etc. The Raincroft Incubator is a still air, 48 egg unit manufactured of 16 mm (5/8 in) thick hydrographic (water resistant) pineboard, incorporates an accurate German engineered thermostat and comes supplied with a specially developed incubator thermometer. The humidity is self regulating and the temperature does

not need adjusting once the unit is set. Raincroft also produce a candling unit to help with successful hatching. Being able to cull infertile eggs saves you time and money. For detailed instructions and prices please contact:

Raincroft Incubators, PO Box 224, COOTAMUNDRA 2590.
Ph: 069-431-581.

HIGH PRESSURE SPRAY GUN

The Silvan Galaxy spray gun, marketed by Silvan Pumps and Sprayers (Aust) Pty Ltd, reduces operator effort by 50 percent. It has a patented regulation system which allows effective use with one hand – left or right – and a gradual and continuous regulation during spraying operations. The ceramic jet tip is adjustable to suit variable applications and different nozzle diameters. Efficient spraying is provided through excellent air/water mix and superior micronisation, reducing the dripping often associated with other spray guns. A unique spray hood directs spray at the target and prevents drift back towards the operator. The Silvan Galaxy also has a stepless trigger for starting and stopping and indexing the spray pattern, with a locking hook for continuous operation. A 1.5 mm (1/16 in) nozzle is standard. At the recommended maximum pressure of 50 bar it has a working range of 13 m (43 ft), and is suitable for all kinds of hand spraying on the farm or orchard, in vegetable crops or gardens. For further information contact:

Silvan Pumps & Sprayers (Aust) Pty Ltd.
Vic – 370 Huntingdale Rd, HUNTINGDALE 3167. Ph: 03-543-2811.
NSW – 28 Prince William Dve, SEVEN HILLS 2147. Ph: 02-674-3433.
WA – 455 Belmont Ave, KEWDALE 6105. Ph: 09-353-6105.
Qld – 34 Devlan St, MANSFIELD 4122. Ph: 07-343-6122.
SA – 3 Acorn Rd, DRY CREEK 5094. Ph: 08-260-5333.
Tas – 79 Wright St, EAST DEVONPORT 7310. Ph: 004-270-222.

BEAD CHEATA

A Western Australian farmer-engineer has invented a small compact tool that does the job of expensive large tyre bead breakers. For farmers, contractors, truckers, ATV users and operators of many other types of machinery, Bead Cheata is one of the most revolutionary pieces of tyre changing equipment available today. Its three bevelled tongues lock under the rim and push the bead into the well of the wheel. Once it is securely clamped to the rim, a normal socket wrench can be used to generate up to five tonnes pressure on the bead. The advantages of Bead Cheata are its cost over hydraulic versions, the ease with which it breaks the bead of practically every type of wheel and the fact that very often the wheels do not need removing to change or repair the tyres. The Bead Cheata weighs only 4 kg (8 3/4 lb), is small enough to fit into your tool box and is safe and simple to operate. For information related to this tool call:

Bead-Cheata Nom Pty Ltd, PO Box 1320, FREMANTLE 6160.
Ph: 09-317-1475. Fax: 09-317-1511.



PROPERTY FOR SALE

NEW SOUTH WALES

150 AC UPPER MACLEAY, 20 mins small township. Phone connected, power to block, undulating to steep timbered country, dam & creek frontage, dual access. \$75,000 ONO. Ph: 065-671-251.

210 AC BETWEEN GRAFTON & Coffs Harbour, 3 1/2 km off highway, 3 B/R home, power, phone, open fireplace, 45 ac cleared, fully fenced, perm water, no rocks, undulating, 42' x 48' machinery shed, cattle yards, crush, loading ramp, some machinery. \$190,000 neg. Ph: owner 066-494-567.

MERRIWA 40 AC TIMBER, rich in native flora & fauna, secluded 4WD access only, 3 1/2 hrs Newcastle. \$15,000. Adam & Eve country. Michael Green, Applegum Park, GUNGAL 2333.

IMMACULATE FEDERATION HOME in Grafton. 3 B/R, closed in verandah on 2 sides, comb stove plus gas stove and gas mantle in kitchen. All electric. 2 mins from city centre overlooking the Clarence River. Pre-war furniture available to buyer only. \$115,000 ONO. Ph: 066-427-413 or 066-431-545.

27 AC, CLEARED freehold, small dam, creek access, in lush valley n/w of Nimbin. \$48,000. Apply Yulunga, Barkersvale, KYOGLE 2474. Ph: 066-897-231.

UPPER EDEN CREEK near Kyogle, 240 ac freehold, rainforest regrowth, slopes and valley, creek access. \$49,000. Taeni, Barkersvale, KYOGLE 2472. Ph: 066-897-231.

SOUND 2 B/R COTTAGE, HWS, town water, inside toilet, laundry, garage, large car block, many trees, close transport, shops, fenced, Golden West. \$55,000. Ph: 063-645-338.

NYMBOIDA 111 AC, natural bushland adjoining state forest. 30 mins Grafton. Idyllic creek, waterfalls etc. Spectacular mountain views from 3 YO, 4 B/R home. Phone, septic, S/C stove, 2 bathrooms, solar power/inverter. Power near future. Huge adjacent 2 storey building would convert easily to another dwelling. Other good homesites, elect fencing. \$150,000 ONO. Ph: 066-494-242.

BONALBO WB & fibro house on concrete stumps, lge fenced block backing onto 200 ac town common, room for vegies, chooks, horse etc. House comprises ent hall, 3 B/R, lounge, dining/kitchen, bathrm, laundry, screened aluminium windows, gas HWS-cooker-heater, sewer, phone & town water connected. Lge detached garage/w/shop. \$35,500, & lge corner block in same town, \$6500. Ph: 066-215-612.

MID NTH COAST Nambucca Valley, 10 ac with 2 B/R dwelling some repairs needed, 12 km from town on sealed rd. Elec, phone, septic, perm water, 6 ac timbered, school bus at gate, 20 min from beaches. \$75,000. Ph: 065-696-192.

NTH COAST 28 KM Grafton. Be self-sufficient in this modern solar designed, solar powered home. Spectacular living area with cedar lined vaulted ceiling, 5 B/R, 3 bathrms, 3 levels, verandah all round. Satellite TV & radio. Tame wildlife, perm stream, eucalypt

GRASSIFIEDS

& rain forest, walking tracks. 100 ac of parkland in sheltered valley. \$265,000. PO Box 431, GRAFTON 2460. Ph: 066-493-014. WYNDHAM - NSW 20 AC, delightful mudbrick/timber cottage on crk. Mountain views, orchard, lge garden, 2 km school, shop. Good access. 30 mins Merimbula, power, phone, water. Must sell. \$98,500. Ph: 064-953-435.

'A MAGIC PLACE', with abundant wildlife & lush native vegetation. 100 ac, 35 km W of Bodalla, SE NSW. 8 ac cleared on perm crk. Incl barn, orchard & bliss. \$70,000. Ph: 044-735-484. NERRIGUNDAH 2545.

RARE RETREAT Snowy Mountains Vic/NSW border. 2 hrs Canberra, 2 hrs Merimbula, 1100 m above sea level. Excellent trout fishing, views to Kosciuszko peak. One of the highest altitude f/hold properties in Australia. 480 ac, 3 titles, NE facing mountain surrounded by horseshoe valley. Possibilities too numerous. 10 mins bitumen rd to fully serviced town. \$135,000. Further details Ph: 059-867-676.

BULGA CRK, 33 km NW Wingham. Secluded 50 ac, 1 km frontage perm crk, near new 2 B/R kit home, elec, septic, phone, solar HWS, satellite TV, S/C cooking & heating stoves, lge w/shop/studio, sml sheds, fruit trees etc. \$130,000. Ph: 065-504-562.

COFFS HARBOUR - Rural property with views forever. 3 B/R timber home. Verandahs all round, open fire, timber & slate features. 1 min to Orara Valley School. Bus at door, 10 mins from Coffs City. Lush native gardens, perm crk. Enquiries welcome. \$140,000. Ph: 066-538-564.

MOUNTAIN RETREAT 100 ac Taree area. Well timbered with beautiful views, re-advertised, must sell. \$29,500. Ph: 02-568-3663.

MAGNIFICENT VIEWS, river front, school bus, 88 ac heavily timbered mountain, incomplete huge cottage, exposed beams, tree poles, polished pine floors, leadlight, huge fireplace, 35 mins Wingham, great neighbours, beautiful birds, wallabies at door. Phone, elec, sheds. \$85,000 or sell land or swap. Photos available. Cheryl, 2 Thornside St, EAGLEBY 4207. Ph: 07-807-4705.

ARE YOU LOOKING FOR a quieter lifestyle? Home on 3 opal claims, 6000 gal fresh water, 2 dams, septic toilet, mining equipment, 22 ft caravan, metal lathe. \$40,000. Ph: 068-293-944.

NSW RIVERINA. Village Marrar, 20 mins Wagga Wagga. Brick building (was cafe). Sep WB dwelling, some repairs needed, Aga stove, some shop fittings, power, water, phone, septic. Suit GR type activity, crafts etc. Incl extra block adjoining. \$20,000. Box 26, COONABARABRAN 2357. Ph: 068-421-401.

COONABARABRAN 2 km from PO. Undulating lightly timbered block. Power available, sealed rd. Approx 14 ha (38 ac). Edge of Warrumbungle Range. Change of plans forces reluctant sale. \$26,000 ONO. Box 26, COONABARABRAN 2357. Ph: 068-421-401.

QUEENSLAND

CERTIFIED ORGANIC FARM 50 ac, 10 ac cleared, self-sufficient income from irrigated tropical fruits, small crops, garden, 2 dams, sheds, worm beds, chooks, pump & tools, fenced small comfortable furnished home on hill top, concr tank, phone, school bus, 16 km to deserted beaches, good roads. \$60,000. Ph: 071-566-198.

TULLY/EL ARISH 12 ac, quiet setting, crk, bordering rainforest, f/hold. Nth aspect, selectively cleared, flood free, school bus, & hwy 700 m. Power, phone, water 500 m. Cleared homesite. \$35,000. R & S Davern. Ph: 07-379-9735 AH.

GIN-GIN 30 mins Bundaberg. 3 B/R Queenslander on 4 ac. Needs work but very livable. Power & phone, small dam, chook pens, fruit trees, fully fenced. 360° views of valley. Ph: 075-339-670.

COOLMUNDA DAM, 393 ac opposite dam (suitable all water sports), flood free parkland. Town 15 mins, Warwick 50 mins. Millable timber, undulating, easy access. \$57,000. D Horton, C/- PO, MURWILLUMBAH 2484. SUNSHINE COAST unique & secluded 5 ac hobby farm with organically grown avocados, lychees & other exotic tropical fruits, fully irrigated, 2000 native trees planted. 24 sq architect designed natural wood home, Palmwoods/Nambour area. \$215,000. Ph: 071-459-503.

4 B/R QUEENSLANDER on 14 ac 45 min W Noosa. S/C & elec stoves, 10,000 gal rainwater, double carport, 3 sheds, chook run, young fruit trees, organic vegie & herb garden with irrigation, perm crk, fully fenced, 2 horse paddocks. Gentle slope to N, school bus. Bitumen to gate. \$105,000. Ph: 071-479-164 Sun to Thurs only.

SUNSHINE COAST 45 beautiful, fertile ac, organically developed & maintained for 8 yrs. The property forms the end of a small secluded valley only 3 km to the W of Nambour town centre. Walking distance to schools, TAFE College & child-care centre. Close to hospitals, elec trains, work opportunities & beaches. A perm crk, waterfalls, dams, orchard with favourable aspect, several thousand valuable timber & rainforest trees create the perfect living environment. Ideally suited for Group Title Development - up to 14 strata titles, for family & friends seeking a healthy lifestyle with emphasis on self reliance, security & privacy. Contact Max Lindegger, Permaculture Consultancy, 56 Isabella Ave, NAMBOUR 4560. Ph: 071-412-749. Brochure avail.

SE QLD BLACKBUTT RANGES, 5 YO, 4 B/R home on 5 ac, non spray area, noise & pollution free. Abundant wildlife, deer, wallabies etc, mail delivery Mon-Wed-Fri, school bus for primary & high school, phone. 9 km Blackbutt township, fully fenced, sheds, springfed crk, windmill supply & rain water, 40 young fruit & nut trees under irrigation. Vegie garden, solar elec with back-up generator, solar HWS, Everhot S/C stove, septic toilet, fully carpeted. Price \$83,000. Ph: 071-630-536. J Holston, 6 Williams Rd, TAROME via BENARKIN 4306.

GRASSIFIEDS

PROPERTY FOR SALE

QUEENSLAND

152 AC, CARAVAN & accessories, 25 mins W Nambour. Picturesque farming area. Hills & slopes, million \$ views of valley & rainforest, 50% cleared grassy slopes, the rest natural forest. Suit cattle, goats, dairy herd. Excell loamy soil for horticulture, 3 dams, legal access to perm crk. Fully fenced, elec avail, house site, good access. \$85,000, will finance at 10% if required. Write Bensons, PO Box 379, WOOLGOOLGA 2456.

H/SET 4 B/R HOME, bush house, garden sheds, fowl run, lge shed, orchard, fenced on 1 ac. Country town, 1 1/2 hrs sth of Sarina. \$38,000. Write Marian Lennox, 15 Melba St, ARMSTRONG BEACH via SARINA 4737. Ph: 079-562-553.

9 AC SEVERNLEA near Stanthorpe, 3 ac cleared rest bush, partly fenced, power & phone avail, river nearby. \$15,500. Ph: 065-682-692.

CORNER BLOCK on Russell Island (698 sq m). Elec & phone, town water under construction. Residential A. A bargain at \$12,500. Ph: owner 066-494-567.

ALTERNATIVE LIFESTYLE QLD. Beautiful tree lined perm crk, 42 ac bush & cleared land. Ideal for crops, breathtaking Lockyer Valley views, privacy, 12 min Toowoomba. \$34,500. Ph: 002-666-291.

DARLING DOWNS lge Qlder home 26 ac, bores, dam, crk, 13 ac cultivation fruit trees, licensed piggery, stock yds, hay shed. 25 km to Toowoomba, 3 km to Southbrook (school, PO, shop), 15 km Pittsworth. \$120,000. Ph: 076-910-261.

THE 2 PROPERTIES listed in last issue GR 75 from Dallarnil & Biggenden, the phone was not connected. Those interested write to M Arkatow, Lot 2, Old Childers Rd, BIGGENDEN 4621. Ph: 071-271-160.

MINI MUDBRICK MANSION lge verandahs, restored cedar windows, 6 in pine ceiling, polished pine floor. 23 ac undulating bush covered in tall spotted gum trees. Pump & watering system, w/shop & carport plus. 10 km from Nanango. \$80,000. Ph: 071-631-507.

TASMANIA

PICTURESQUE 18 AC on willow lined crk, nth central Tas. Rich soil, nth aspect, former Jersey stud. Cosy 2 B/R WB cottage, S/C stove, wood heater, excell views of mountains. Sheds & stables, charming cottage garden, berries, vegies, exotic trees, free range chickens, sheep, ducks on pond, platypus & trout in crk. Tranquil location yet only 25 min Launceston, 15 min Deloraine. \$112,000. C Wright, PO Box 8, WESTBURY 7303. Ph: 003-931-124.

PIONEER NE TAS, WB 3 B/R cottage on 3/4 ac. Power, phone, rewired, town water, rain water tank, sheds, school bus at back door. State forest at back of property. \$27,000 ONO. Brenda Williams, C/- PO, PIONEER 7264. Ph: 003-542-381.

NE TAS lge 3 B/R timber house, fruit, native shrub studded grassed ac. School bus, all utilities, outbuildings. Adjoining state forest. \$35,000. Details, photos, Peter & Hilary, C/-PO, PIONEER 7264.

IMAGINE your own spectacular seasonal display of the Aurora Australis and other natural enchantments within easy reach of beautiful beaches! In sth Tas adjacent Nat Pk, this comfortable family home in good condition on approx 3 ac with perm dam, handy school bus & shops etc, is excell buying at \$50,000. Genuine reason for selling. Please Ph: 002-983-186 or write Joan Blake, C/- PO, LUNE RIVER 7109.

THE AUSTRALIAN DREAM for just \$88,000. 2 YO cedar home on 55 ac beautiful Tasman Peninsula. 10 min beaches, shops, school, doctor etc. 2 perm crks, 2 dams, mixed orchard, big organic vegie garden, chookhouse, woodshed, 40'x 20' barn/w/shop, 3 lge income producing aviaries. Magnificent panoramic mountain/forest views, absolute privacy. House comprises 2 B/R, solid timber kitchen with Rayburn S/C stove, open plan living area. Free standing woodheater, matching bathrm suite, laundry with new auto washing machine, tumble dryer, spacious sun decks. Ph: Greg 002-502-370.

VICTORIA

COMFORTABLE 3 B/R home on 3/4 ac in friendly SW town, Casterton. Completely renovated t/out. Fully furn incl lge auto washer, new dryer, freezer, fridge etc. Comb heater, gas HWS & stove plus wood stove. Lovely position with extensive rural views but within short walk of town with all amenities, schools, shops, etc. \$48,000 ONO. Ph: 055-811-565.

MELBOURNE, 10 mins to city, 3 B/R Edwardian home. Fully renovated & restored from the stumps up. Williamstown area. \$185,000. Ph: 03-391-9579.

LATROBE VALLEY 30 AC Yinnar Sth, high country. Big views, 2 dams, adjoining Nat Pk. \$35,000. Ph: 051-447-462.

DAYLESFORD AREA 40 sq mudbrick house, well finished, on 40 ac, adjoining state forest on 2 sides, resident neighbours, land 3/4 forest. Features: house - mezzanine, balconies, many lge leadlights, 4 B/R, 32-12V DC; unlimited water supply incl 2 dams, watering systems, est lge garden, orchard, hot house. Also incl 9 sq split level stone house & 10 sq stone studio/w/shop. Situated 1 1/2 hrs from Melbourne. \$145,000. Ph: 03-439-9346.

EAST GIPPSLAND 22 ac (3 ac cleared) adj state forest. Winter crk with perm spring, all weather access, comfortable 30' x 18' timber cabin with 2000 gal tank & S/C stove, very close SEC. 15 min to school, store, hotel, 1 hr from snowfields, beaches. \$35,000 ONO. Ph: 03-818-6457.

GENOA DISTRICT 4 1/2 ac property in quiet bush location with unlimited water from adjoining crk. 1 km to Princes Hwy & approx 1 1/2 hr to coastal resorts of Mallacoota & Eden. Improvements incl shed & new fencing. \$29,000. Ph: 051-588-240.

BEAUFORT 28 AC forest conservation zone, building permit, 2/3 natural timber, sloping block, good drainage, some fencing. \$25,500. Ph: 053-891-406.

CENTRAL VIC, BEALIBA. Quality hand-made 2 B/R mudbrick home, leadlight doors & windows, OFP, S/C stove linked to solar HWS, solar power, septic tank. Vegie & herb garden, fruit trees, grape vines, all watered by drip & spray system from excell dam. 18 ac natural trees, wildflowers, birds. Quiet, environmentally sound lifestyle or weekend, 5 kms from town. \$79,000 neg. Ph: 054-691-305.

EAST GIPPSLAND, GOONGERAH 87 ac, 3 titles divided by crks (Brodrigg River), surrounded by Nat Pk, cleared, old cottage, alt community. \$100,000. E Conod, Bonang Hwy, GOONGERAH 3888. Ph: 051-540-120.

COMMUNITIES

FAR STH COAST NSW, Wandellow Valley near Cobargo 1/4 share in unique 90 ac, surrounded by state forest. \$7000 ONO. Ph: 066-878-041.

MURWILLUMBAH 1/4TH SHARE 300 ac hill property. 3 YO 1 B/R small home, crk at door, superb location. Total privacy, 4 WD access only. \$47,500. C/- Lot 2, Ageston Rd, ALBERTON 4207. Ph: 07-834-3200 Ext 226, ask for Mr Currie.

UKI. 1/11TH SHARE \$49,000. 180 ac co-op. House, sheds, 12V solar, & HWS, S/C stove, gas fridge, exotic orchard, irrigation, herb business & equip. Colin Westwood, C/- PO, UKI 2484. Ph: 018-754-679.

MATURE COUPLE SEEKING to purchase share in new or estab community, pref mid-nth coast, reasonably close to beach or river. Ph: 02-818-5214.

WANTED TO JOIN commun whose common goals include working co-operatively together, sharing & caring, vegetarianism, responsible & motivated people practising self-sufficiency. Please write: D Ilorton, C/- PO, MURWILLUMBAH 2484.

FAR NTH COAST 12.2 ac share on small (1/4 share) multiple occupancy amongst rainforest, crk, elec & phone lines, house sites with beautiful views, school bus 150 yds, 1 hr to coast, 40 min to Lismore or Murwillumbah, \$28,000. Ph: John after 6 p.m. 066-897-339.

KYOGLE 1/25th share in 1000 ac multiple occupancy. Share includes 10 ac private holding, 50 sq m temp house with S/C stove, bath, pot belly, 12V lights, 75 sq m w/shop, 5 Ml dam, gravelled drive to prepared house site. \$1770 council fee paid. Conservation minded community has the entire head of a valley with perm crk & patch of rainforest. \$16,000. Ph: 066-321-102.

COMMUNITY PROJECT. Shares avail for people motivated to help establish Healing Centre & Spiritual Community on 125 ac. Currently running growth w/shops, expansion envisaged. Send SAE to Yulunga, BARKERSVALE 2474. Ph: 066-897-321.

CYGNET TAS 9th share 300 ac, comfortable house, est garden, domestic orchard. \$45,000. Ph: 002-346-220.

COMMUNITIES

COMMUNITY LIVING BATHURST area. Farm, existing community, elevated 500 ac, basalt soils. Tractor, farm equipment, sheds, house, water, elec. Share approx \$26,000. Ph: after 5 p.m. 047-573-453 or 02-411-7977.

3 AC SHARE in Tweed Valley M/O. Attractive cavity block house with 2 B/R loft, gas HWS, fridge & stove, solar lighting, potbelly stove, 3000 gal water tanks, gravity feeding dam, fenced orchard, house & shed paddocks. Amazing views. \$35,000. Ph: 066-802-132.

COUNCIL APPROVED HAMLET development, Murwillumbah area. Only a few shares left, approx 12 ac each. Some cleared, majority beautiful rainforest setting, adjoins state forest. All weather access. Write to: Palmview, 13A Beauty Point Rd, MORISSET 2264. Ph: (AH) 066-793-333.

MOUNTAIN RETREAT on small M/O, 7 km to Nimbin, 2 storey house, frostfree, legal shed, nth facing bordering Nat Pk, high rainfall, fruit trees, 4WD access. Price neg. Contact Vita Tantra, C/- PO, NIMBIN 2480. SHARE $\frac{1}{10}$ th FOR SALE. Dream forest 8 km from Nimbin. Sheltered by foothills of Mt Nardi, bordering Nightcap Range Nat Pk & Mulgum Crk. $\frac{2}{3}$ property densely forested with pockets sub-tropical rainforest in sheltered gullies. Pure water. Provisional M/O \$10,000. Contact Arron Manfield, 6/121 Curlewis St, BONDI 2026. Ph: 02-365-1159.

FOR RENT

SPRINGBROOK QLD. Pole-house style cabin on 20 ac rainforest. Power, phone, sealed road. Long or short let. Suit writer, artist, escaper or similar. Ph: 07-378-9374 or 075-335-283.

QLD SARINA near coast. 3 B/R house on 20 ac. Power, phone, water, fruit trees, walk to shops, primary school. Rent \$50 pw. Could be perm, no cats. Write to PO Box 655, MANLY 2095.

OLDER STYLE HOME avail for rent, on crk, lovely setting, private, 25 min E of Warwick. Minimum caretaking required & occasional paid work avail. Tenants must be clean living & reliable. Reply J Thompson, C/- PO, WARWICK 4370.

ONE ROOM COTTAGE on 70 ac isolated bushland, 30 min Bathurst & Oberon, suit handy person or couple. Phone, solar power, gas HWS & fridge, furnished. \$50 pw in return min gardening. Ph: Chris or Tricia 02-241-1028.

FOR RENT OR SALE 2 B/R log cabin with lge exten, solar power, wood heating, lge vegie garden & orchard fully drip irrigated. School bus. Situated Sunrise Farm Community next to Ontos Health Resort in scenic W Tree Valley. \$70 pw. Optional tofu business free. Bill & Judy Harvey, Sunrise Farm, BUCHAN 3885. Ph: 051-550-237.

TINY COTTAGE on 5 ac in N QLD rainforest mountains Ravenshoe area. Spartan conditions, suit single quiet person. No dogs, cats. \$30 pw. Write to PO Box 215, SMITHFIELD 4878.

GRASSIFIEDS

FARM ACCOMMODATION non elec, very cheap, pref married couple/family/believers in reincarnation, ESP. No pets, not into drugs or more than an occasional drink, interested self-sufficiency. SAE to St Barts, LORNE 2439.

CARAVAN - GAS-RUN, share few ac. Opportunity to enjoy farm, have gardens, chooks. Hard-working Christian type only. \$40 pw. Suit pensioner couple, 25 kms Mudgee, school bus. Ph: Dot 063-733-944.

SMALL SELF-CONTAINED farm cabin in state forest 3 km from Dwellingup. Avail Nov, wood heater, gas stove, elec. Would suit active pensioner/s with own transport, like quiet country living, could be perm for right people. Please send SAE to D Smith, PO Box 350, PINJARRA 6208.

BUSINESS FOR SALE

CRAFT SHOP quaint country style, refreshment licence, 2 B/R, kitchen, fuel stove, OFP, plenty of room for expansion, Stuart Town. Please Ph: 049-988-285.

PICTURE FRAMING set-up in Grafton. Includes drop saw, angle jig, 5 spd drill press, matt cutters, matt boards, lge work bench. Pine, cedar, gilt moulding included. \$3200 ONO. Ph: 066-427-413.

CERAMIC W/SHOP & showrm in Grafton. Incl 2 elec kilns, 2 mixers, 500 lb compressor for air brushing, 100s of moulds, long lease \$118 per week. \$27,000 ONO. Price incl all stock. Ph: 066-431-545 or 066-427-413.

HEALTH FOOD SHOP sth Coast NSW. Net income \$30,000+, 5 $\frac{1}{2}$ days. Ph: 044-230-026.

WONDERWORM FARM - estab 6 yrs. Regular agent sales of bait & worm castings as well as supplying stock to other worm farmers. All stock & equipt for sale. Approx 1 million worms, pits, 6 tonnes worm castings, motor driven separator, castings bags & bag sealer, lge commercial refrigerator. This business enjoys an excell reputation & repres a readymade part or full time business opport. Would prefer to sell complete, but will consider selling indiv components. For more details Ph: 048-614-509 BH, or 048-711-337 AH.

WANTED TO RENT

GETTING DESPERATE - Mother & 2 children need cheap house to rent, anywhere considered. Close to school, town, transport preferred. Rhonda Woods, 2/61 Colin St, LAKEMBA 2195.

FAMILY OF 3 want house to rent Qld or NSW country, willing to live remotely. Ph: 07-892-1164.

SUNSHINE COAST anywhere. Farmhouse or 3 B/R older style house for family of 5 & dog (long term). Close to school etc preferred. From late December. Ph: 079-546-863 or write Sally-Ann Willitts, 127 Waverly St, BUCASIA 4750.

COUPLE WITH BABY immediately require a home with ac of natural bush within 50 km Lismore. Experienced in maintenance/gardening/farmwork. Ph: Max 068-722-335.

WANTED TO RENT OR LEASE by lady pensioner, old house or cabin with yard for no-dig garden. Non drinker, pref nth or central NSW coast. Walking distance to shops, transport. Need warmer climate, please help! Write Mrs H Hampton, 44 Belair Rd, BUXTON 2571.

FOR EXCHANGE - Dept of Housing home 3 B/R, lge fenced yard, carport, shed. Any areas nth considered. M Butler, 49 Pacific Hwy, RAYMOND TERRACE 2324.

PROPERTY WANTED

WILDERNESS HILLTOP TAS, pref with caves, road access unimportant, suitable Monastery. Hopefully inexpensive. PO Box 35, AUGUSTA 6290.

WANTED

NEEDED EXPERIENCED BUSHY/IES to care for isolated river farm in redgum forest, in return for cabin, vegie garden, fruit trees etc. No dogs, cats, children. References, genuine enquiries only. Helen Campbell, PO Box 788, DENILQUIN 2710. Ph: 058-823-354.

LADY AGED TO FIFTIES, share house in country. Room free, share expenses. Further info Ph: 056-552-454.

37 YO MOTHER (children 10 & 13) urgently seeking accom in Canberra at a reasonable rent near ANU. To commence naturopath studies 1990. Or swap 5 B/R BV home in Cowra NSW for a 5 year period of similar accom. Genuine enquiries only please. Ph: 063-421-149.

HELP! I'M A single mum on 5 ac with various animals & gardens. Would love a helping hand in exchange for free accom. A holiday or weekend perhaps for those that are stuck in the city. Contact Neva, PO Box 133, BEGA 2550. Ph: 064-922-782.

WANTED TO RENT coastal area of NSW. House with acres for practical couple & 2 well behaved dogs. Consider lease or option to buy or caretake. Both studying land management. Required for Feb 89. Write Dwayne or Kathy, Unit 6, 15 Smith St, PT LINCOLN 5606.

MARRIED COUPLE WITH KIDS need work &/or place to park bus while looking for own land in Gympie area. Write C/- 28 Capeview Cres, HACKHAM 5163. Ph: 08-382-2152.

HELP ON PROPERTY WANTED in exchange for board. Terms neg, paddock clearing, fencing, gardening (organic) OK. Must be vegetarian, non smoker & love animals. Own transport an advantage. Debbie & Graham, 'Woodsong', GOSHEN 7216 (St Helens).

WANTED people to share farmhouse in Sth Gippsland with 28 yo hippy/punk. Clean, spacious, newish house with chooks, vegie patch between river & bush block. Rent neg, dogs okay, pref couple or females. Harmless vices OK (kids maybe). Ph: Roger 056-816-298 or 03-824-7284.

GRASSIFIEDS

WANTED

LOW COST ACCOMMODATION for widow & son, quiet, don't mind hard work, gardening etc. Any area Nth Brisbane to Caboolture. Please Ph: 071-294-394.

CHRISTIANS desire 5+ ac Sth NSW. Perm water, secluded, pref with estab garden, fruit trees, elec, water, 2-3 B/R house. We hope contact with born again christians willing to allow us to stay on their property 1-2 weeks in exchange for work. We desire to learn natural lifestyle in Sydney Sth area. Mr & Mrs Sperotto, 7 The Crescent, WORONORA 2232.

BACK COPIES of Grass Roots No's 1-8, 10, 11, & 16. Ph: BH 056-551-591, 056-572-325 AH.

NATIVE PLANT MATERIALS - wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Lge quantities pref. Good prices plus freight paid. Contact Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677.

WANTED - COMMUNITY OR HEALTH FARM involved in alternative therapies. Prefer N. Qld where 32 yo teacher can teach and help with other duties. Write Beth Robinson, 45 Randall Rd, WYNNUM WEST 4178.

SERVICES OFFERED

MUDBRICKS PRESSED on site anywhere in Tassie. Use your own resources & labour, up to 200 bricks per hr, 400 x 200 x 150 mm, 50 cents per brick. More details? Ph: Pete, 003-761-127.

EXCITING NEW PRODUCT. Support pantyhose complete with guarantee not to run, great product for busy women. Send long SAE to Mrs A Peart (GR), 31 Marsh St, NARANGBA 4504.

FORTY PLANS for lowcost homes of mudbrick, stone & timber. Mail \$27 post incl for 'The Earth Builders Construction Detail & Plan Catalogue' to John Barton, 31 Sharp St, NEWTOWN 3220, or Ph: 052-224-249.

OPPORTUNITIES

AN OPPORTUNITY EXISTS for a Pritikin follower to take over an excell healthfood restaurant on Qld Sunshine Coast. Est 8 yrs, leasehold, non-smoking main rd shopping area. Beautiful decor, regular clientele interested in low fat, low cholesterol natural meals. Genuine reason for sale. Ph: Helga, 071-455-044.

WE REQUIRE a helping hand with growing & preparation of living/raw food diet incl wheatgrass; small vegie garden, housekeeping, cleaning & maintenance. Approx 6 hrs daily, 5 days per week, in return for board & small wage. Additional work avail if required. Lovely house, located on Lane Cove River, quiet suburb, Sydney. Please phone Helen Walker 02-906-2711 or write: PO Box 432, ST LEONARDS 2065.

**DEADLINES: GR 77 - DECEMBER 22ND
GR 78 - FEBRUARY 23RD**

START YOUR OWN BUSINESS upholstery & canvas goods, repairs & manufacture. Singer 132K6, Pfaff 545, handtools, piecegoods etc. Will sell as whole only \$5750 no offers. Ph: 071-413-989 AH.

CARETAKER - chance to live in idyllic community for the right person. Small 2 B/R flat provided & garden area, but no pay. School avail, duties are mainly supervisory 5-8 hrs per week. Apply Ian Campbell, Moora Moora, PO Box 214, HEALSVILLE 3777. Ph: 059-622-329.

3 MONTH CARETAKING from Jan, with possible longterm arrangement. Excell opport. E Gippsland Ph: 051-573-281. Visitors welcome.

DISTRIBUTORS WANTED for extensive range of solar systems. Low start-up costs. For full info write to Solarforce Australia, PO Box 586, KEMPSEY 2440. NSW residents only please.

WANTED - ECOLOGICALLY SOUND products. Do you make or know of any good quality products which fit the above description? I am interested in retailing from the NSW nth coast, a diverse range of environment friendly goods. Please write to me: Lindy Dudgeon, Homeland, THORA 2454.

LGE FULLY EQUIPPED caravan & elec on beautiful secluded farm offered to mature horsewoman in return some work with quiet horses & light farm work. Suit gentle person attuned to nature & animals. Opport to learn skills. Write W Owen, RMB 925, Mangoplah Rd, WAGGA 2650.

FREE ACCOMMODATION 2 YO bush haven log cabin, 40 ac, Wollombi, Lower Hunter NSW. Remote, quiet, beautiful. Care-taking duties several hrs weekly. Suit couple with sturdy vehicle. Full details from PO Box 105, GLADESVILLE 2111.

WE ARE OFFERING people who wish to earn an income at home the opport to do so. The pastime to extra dollars is creative & asocial & would suit GR lifestyle. Interested persons should phone Lloyd or Julie on 059-684-050, or write to L Lawrence, 209 Belgrave-Gembrook Rd, MENZIES CREEK 3159.

POTTERS, WOODWORKERS, spinners, weavers, all craftspeople - seeking people who are interested in supplying all the above for a proposed 'hand-made' craft shop in Melbourne hills in 1990. Write with or for info to Pat, PO Box 234, DONGARA 6525.

ORGANIC SHARE FARM 40 ac of fertile soil, suit vegies or flowers, 3 B/R house with avail SEC & phone, close to school route, 8 km from Camperdown Vic. Share neg but must incl 2 days work for owners. R & L Manifold, 'Meekri', CAMPERDOWN 3260. **YOUR OWN BUSINESS** become independent with additional income or a full time business. For details SAE to B Cox, PO Box 624, IPSWICH 4305.

FEMALE PERSON maybe single mum or couple to share sth coast residence. Some rent but some exchange for labour. Bushland setting, easy access town & beaches. Ph: 064-922-907. PO Box 546, BEGA 2550.

NEED EXTRA INCOME, become more independent with additional income or full time business. Send long SAE to Mrs A Peart (GR), 31 Marsh St, NARANGBA 4504. **GOOD MONEY** - from products in demand. Guaranteed. Free info. Work from home. Write to R Adams, PO Box 661, TOOWONG 4066.

EXCHANGES

WE HAVE TOYOTA COASTER bus for sale. Fully fitted out, excell condition, value \$20,000 & wish to exchange for land or shares on land or community. Terms neg. Ph: 071-855-251. Bill or Kim, C/- PO, GYMPIE 4570.

GARDEN AND ORCHARD

HERBS, DOUBLE IMPATIENS & cape primrose by mail. Sturdy plants, carefully packed & sent in their pots. Send SAE for list to Jill Harvey, 3 Arunta Crt, ELTHAM 3095. Ph: 03-439-2316. Sorry no sales to WA.

KINGS SEEDS - 60 new varieties. the new range of 460 seed varieties includes herbs, dried flower seeds, bee plant seeds, insect repellents, oriental & gourmet vegetable seeds. Send \$5.80 for our new glossy 1989-91 colour catalogue. Helpful hints on how to grow and use the plants are incl, or send SASE for a price list. 2 wall charts - \$4 each: Culinary or Remedial herbs and how to use them. P & h \$2 per order. Kings Herb Seeds, PO Box 14, GLENBROOK 2773.

SEED: FRUIT & NUT. Over 200 species. 125 personally collected. Also natives, gingers, bamboo, timber, etc, specialising in the hard-to-obtain. For list, send SASE to Fruit Spirit Botanical Garden, DORROUGHBY 2480.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, including plants as insect repellants. Mail order \$4.50 (postage included). Sow When Chart. suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 (postage incl). 'Plum Products' (G), RMB 2907, BRUTHEN 3885.

COMPREHENSIVE CATALOGUE Aust native seeds 1800 species. Price \$6 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359. **INTERESTED IN CREATING** your own rainforest? For catalogue & notes on how to create a rainforest please send 2 stamps & write to Bellingen Valley Rainforest Seeds, Private Bag, BELLINGEN 2454.

TROJAN MULCHER, GC electric medium sized, \$300. Rotating drum 'tumbler' composter \$50. Ph: 03-232-5681.

DAHLIAS, GLADIOLUS, hippeastrum, day lilies, paeonies & more. Send for our free bulb catalogue. Bulbs & plants sent all over Aust. Kesswald Park Nursery, Seamer Rd, MONBULK 3793 (PO Box 208). Ph: 03-756-6832.

GROW YOUR OWN TREES cheaply and easily from seed - tree lucerne, carob, honey locust, eucalypts, acacias etc. Over 200 listed. For descriptive catalogue send 2 stamps to: Central Seeds (GR), RSD LOCKWOOD 3539.

GRASSIFIEDS

GARDEN AND ORCHARD

GOURDS – join in Australia's latest gardening craze. They're easy to grow and fun to grow for all ages. It's now time to plant your seeds. Send today for your free book and seed catalogue. Gourd magazines also available subscribe now for 3rd & 4th editions. Back copies 1st & 2nd editions also avail. Send \$3.50 per edition today to The Gourdian, 187 George St, EAST MAITLAND 2323.

NEEM TREES – seedlings for sale. Genuine varieties. Plant only frost free areas. \$3.00 ea, min order \$35.00 free on rail or road. Enq & orders: K Bagnall, MS 1096, Carruthers Rd, NAMBOUR 4560. Ph: 071-421-764.

HONEY LOCUST SEED propagate your own, \$10 packet 60 seeds, postage & info incl. Yarralaw Shade & Fodder Trees, Yarralaw Rd, BUNGONIA 2580.

FOOD AND KITCHEN

HOME STONE FLOUR MILLS – mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725, distributor enq welcome.

MISCELLANEOUS

LIGHT UP YOUR CHRISTMAS with our home lighting starter kit. Two 46w panels, mounting system, deep cycle battery, cable, three lights, switches and hardware. Delivered free anywhere in NSW. Small freight charge elsewhere. Only \$1395. Send cheque to Solarforce Australia, PO Box 586, KEMPSEY 2440. Allow 3 weeks for delivery please.

AUSTRIAN LEAD CRYSTALS the original rainbow generators. Fine quality crystals, 38 shapes, including spheres, teardrops, pendulums, octagons, hearts and more. Hang in sunny windows for dancing spectrum rainbows. SAE for catalogue. Wholesale enq welcome from shops & marketeers. Thora Trading, 'Patanga', Darkwood Rd, THIORA 2454. Ph: 066-558-504.

VACOLA PRESERVING KIT \$25, hand-made spinning wheel \$280, Potbelly stove \$500, 30 GR books \$75. 03-439-6657.

CHIP HEATERS. No elec needed for instant hot water, operates from town or tank water supply. Enq: 'Heaters', 358 Centenary St, ALBURY 2640. Ph: 060-215-469.

DOUBLE DECKER BUS. Ready to fit out, will travel well. Exc diesel engine, great tyres. Needs some minor repairs. \$5000 neg. The Dairy, Mylneford, Via GRAFTON 2460. Ph 066-449-391.

HAMMOCKS. Exotic, Sih American, relaxing, practical & comfortable. Ideal for verandah, sunroom, campsite etc. Free brochure. Write or phone Eucalypt Imports, PO Box 49, BROADWATER 2472. 066-828-326.

DUNLITE 110V DC wind generator, 18 m tower, inverter, batteries & other 110V equipment. Ph: 053-522-818 after 7 p.m. or write RMD 3976, ARARAT 3377.

WATER PURIFICATION is important for optimal health today. Buying a purifier one must consider price effectiveness & quality. Reverse osmosis consistently produces a high standard of filtration at a sml price. Several models avail. G Summerbell, PO Box 1519, IIRNSBY 2077. Ph: 02-477-2838.

SILKWORMS FOR SALE \$2.50 send to L Drake, 49 Meehan Ave, HAMMONDVILLE 2170.

PROTECT YOUR SKIN, with Forest Edge creams & salves. 25 g Macadamia Beeswax Lip Salve, 55 g Avocado, Honey, Glycerin Nourishing Cream \$2.50 posted. Handmade soaps, many varieties – traditional range, Australian range, unscented range. Send SAE for full products list: Forest Edge, C/-PO, BROOWEENA 4620.

MARKET STALLHOLDERS unique hand-made soaps & cosmetic creams featuring Australian oils. Made from traditional recipes. Eucalyptus beeswax candles. Discount prices for bulk orders. Send SAE for full products list. Forest Edge, C/- PO, BROOWEENA 4620.

LOW SPEED GENERATORS for windmills, water turbines, steam engines. The definitive book: 'The Homebuilt Dynamo' (1987), 182 page 8 1/2 in x 12 in hardback. Generator design & construction with ceramic magnets. Complete plans, 268 photographs, step-by-step construction details. Post paid airmail \$85.00 (brochure \$5.00 refundable). Todd-Forbes Publishing, PO Box 3919, AUCKLAND NZ.

BLUE DAZZLER torch/searchlight. Powerful 30 watt beam & heavy duty battery rechargeable with ordinary 12V charger. Direct from factory price \$75 each. G B Douglas, PO Box 215, WHITSUNDAY 4802. Ph: 079-466-738.

EARTHWORMS. The 'Speedy Breeder Compost Worm' revolutionises your compost & transforms your garden. Just \$12 per 1000 worms. Price incl p&p Aust wide & pamphlet on worm care. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

'LEDA' DOMESTIC WATER purifier, gives you pure, pure water just like a 'mountain stream'. Good for average family use for 4 yrs, refills avail. People travelling use water from crks, rivers, billabongs. Use 'Leda' filtered water for car batteries, they last longer. Delivered Aust wide only \$75 plus \$10 p & p. Bankcard, bank cheque, M/O. Do it now, post to 'Consultus', PO Box 105, CLONCURRY 4824. Agencies wanted.

PUBLICATIONS

THE OWNER BUILDER MAGAZINE: Want to be a successful owner builder? The Owner Builder Magazine has plans, money saving ideas, advice & articles on successful owner builders. The Owner Builder Magazine is avail from newsagents or by subscription: \$19 for six issues or \$36 for twelve issues. PO Box 974, BENDIGO 3550.

SOLAR WATER HEATER. Detailed & practical advice on materials & assembly of low-cost and efficient solar water heater. Full

instructions, diagrams and materials list. \$5.50 post incl by Earthways, WOLLOMBI 2325.

DONKEY SOCIETY of AUSTRALIA, for info on magazine subscription, publications, books & the care of donkeys. Contact DSA, PO Box 438, MORWELL 3840.

BOOKS – NEW & USED – farm, needlework, plus numerous subjects. Send SAE with interests for list. Pamela Fenwick, PO Box 263, MAYFIELD 2304.

16-PAGE NATIVE AMERICAN INDIAN tabloid newspaper: news, history, humour, magic, penpals, genealogy, networking, resources & much more! Reviving tribal heritage throughout the world. For a sample copy send your name & address to: Pan-Am Indians, Nocatee FL 33864-0244 USA. Please enclose US\$1 for postage. (Outside USA/Canada/Mexico 2 IRCs surface or 4 IRCs for airmail.)

MUDBRICK NOTES – Detailed and practical advice on mudbrick making, laying and integration of DPC, floors, fireplaces, windows, doors etc. \$5.50 post incl by Earthways, WOLLOMBI 2325.

DONKEY DIGEST quarterly magazine of the DSA, for an insight into all things donkey both practical & imaginative. Subscription \$16 per year from PO Box 438, MORWELL 3840. **INTRODUCTION TO DONKEYS** avail from DSA Qld, PO Box 128, KENILWORTH 4574.

TEXTILE-FIBRE FORUM covers all the textile arts in the Australian region, and incl NZ. It is a high quality, 60-page, colour magazine. Subscribe for \$16/year for three issues to: AFTA, Sturt Crafts Centre, PO Box 192, MITTAGONG 2575. Two year subscription is \$31. For a sample issue send \$5. Make checks payable to AFTA. A truly exciting publication.

DAVID STEPHEN'S 1990 Organic Growing Calendar features illustrated fruit tree pruning hints, companion planting guide, non-toxic pest control, natural health advice. \$6.50 post paid from Tasmanian Environment Centre Inc, 102 Bathurst St, HOBART 7000. Ph: 002-345-566.

BOOKS, horticulture, gardening, native plants, mail order, large selection – send for free catalogue. Goondooloo Book Service, PO Box 288, GATTON 4343. Ph: STD Free 008-073-103 anytime.

ORGANIC GROWING a quarterly magazine about growing food the natural way. Gives you practical ideas for organic gardening, farming, livestock and related subjects. Avail at newsagent (\$2) or by annual subscription (\$10 Australia or \$12 overseas). PO Box 228, ULVERSTONE 7315.

AUSTRALASIAN SURVIVOR. The magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 11, DICKSON 2602.

MOON PLANTING GUIDE – The 1990 Astrological Calendar, now avail. Attractive colour poster, clear & easy to follow. Mail orders \$5 (in bulk \$2.75) incl postage. Retail outlets wanted. Write to: Thomas Zimmer, Mt Cougal Rd, TALLEBUDGERA VALLEY 4228.

GRASSIFIEDS

PUBLICATIONS

AUSTRALASIAN HEALTH AND HEALING - Journal of Alternative Medicine, Australia's major health care quarterly emphasising self healing and prevention of illness through measures which raise body defences. Sold at most newsagents and health shops. \$3.50 each and by subscription \$12.50 per 4 issues (1 yr), \$23/8 issues (2 yrs). Write: Australasian Health and Healing, 29 Terrace St, KINGSCLIFF 2487.

NEXUS NEW TIMES magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental and physical health and enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$12 per year. Nexus New Times, PO Box A556, SYDNEY SOUTH 2000.

NIMBIN CONFRONTS its drug scene; toxic chemicals in the home, there are alternatives; E.T. - is he really out there? we look at the latest evidence; Peter Garrett and Tim Moore head to head over the environment; Surviving the near death experience; plus ethical investment, regular columnist Robert Rosen fills us in. All this and more in Unicorn magazine. Out now in the newsagent. Also avail by subscription - 12 issues \$45.60 - to Unicorn Magazine, PO Box 125, NIMBIN 2480.

THE WORLD THAT WAS & IS by Resilysis, one channeled by the soul. \$12 Aust post paid, St Barts, LORNE 2439.

THE FOLLOWING BOOKS obtainable from Marjorie Bligh, 163 Madden St, DEVONPORT 7310. 'At Home With Marjorie Bligh', 3rd edition (household manual) \$12.50. 'Marjorie Bligh's 5000 Hints', 2nd edition \$12.50. 'Life is for Living', (hard back) \$17.50. 'Tasmania & Beyond', \$17.50. 'Marjorie Bligh's A-Z on Gardening', \$11; or the 5 for \$65.

COURSES

THE ECOLOGY of Tasmanian mountain vegetation - 3 residential field courses, 16-22 Jan, 21-25 Jan, 17-22 Feb. Ideal for specialists and beginners alike, to enhance enjoyment of the bush & provide understanding of land use needs. Informative & enjoyable, fully catered. Fees \$355-\$395, conc avail. Enrolment & further info: Tasmanian Environment Centre Inc, 102 Bathurst St, HOBART 7000. Ph: 002-345-566.

MUDBRICK & DESIGN - intensive weekend courses run by Brian Woodward, 150 km nth Sydney - \$110 incl meals. Send SAE to Earthways, WOLLOMBI 2325.

WICCAN HOME STUDIES, select 1 choice of correspondence training from: Aromatherapy (dipl); certif courses - Psychic Self Development; Psychic Healing, Safety & Security; Wicca. Free brochure for 1 choice. Claire & Simon Lorde, PO Box 80, LANE COVE 2066. Ph: 02-699-6166 BH. Taped psychic predictive readings, free brochure.

ORGANIC GARDENING COURSE on working organic farm. For information ring Pia (after 5 pm) 059-688-879 or PO Box 325, EMERALD 3782.

CLUBS AND SOCIETIES

CANCER SUFFERERS & those interested in natural healing and wholistic living - the Cancer Information & Support Society is an educational & non-profit organisation founded to provide assistance to cancer patients through meetings, networks of local support groups and regular newsletter information on diet, alternative therapies, helpful publications & recent developments in cancer treatment & prevention. Contact: The Secretary, Cancer Information & Support Society, 39 Atchison St, ST LEONARDS 2065. Ph: 02-906-2189.

THE AUSTRALIAN HERB SOCIETY members receive quarterly magazine, seed from seed bank free to members, access to tape lending library. Write: The Secretary, PO Box 110, MAPLETON 4560.

ALLERGIES - National Allergy Association of Australia. Information, education, counselling, membership, bulletin. Write to Head Office, PO Box 280, PARRAMATTA 2124.

HOLIDAYS

GRAMPIANS AREA visit us at our farmhouse in peaceful idyllic setting, native animals birds & wildflowers abound, old fashioned hospitality. \$30 per night. Ph: 053-839-223.

CAMPING on mid-north coast. In peaceful state forest, abundance of native flora & fauna. Walking trails or BYO bike/horse. Meals avail, POA. Ph: 065-660-064.

JANUARY 1990 week long camp for 15-20 year olds in deep ecology. Make new friends & have lots of fun. Cost \$200. Details: PO Box 576, SEYMOUR 3660.

FOREST - TASMANIA peaceful country home on 8 ac pasture & bush. Abundant native birds & animals. Magnificent beaches, bush walking, rainforests, fishing, National Parks & rugged West Coast. Historic Stanley 12 km. Bed & country breakfast \$55 two adults. Share host facil. Dinner avail. Ph: 004-583-314.

FORGOTTEN COUNTRY riverfront rental hut, alternative bush farm, isolated. Details: SAE, Ned, PO Box 46, URBENVILLE 2475.

A TRANQUIL PLACE with no distracting noisy entertainment, for meditation, birds, wildlife, quiet conversation, walking. All vegetarian meals in our home or detached stone cottage, \$25 per day. Ph: 075-867-385.

NAMBUCCA VALLEY midway Sydney/Brisbane. Holiday in peaceful modern farmhouse. Cattle & pony breeding. Fishing & swimming on property, beaches 30 mins, bed/breakfast. \$25 pp. Ph: 065-696-245 AH.

BED & BREAKFAST, Linton near Ballarat. Good area for birds, walking, riding. BYO bike/horse, weekends school hols. V/Line bus access. Ph: 053-447-340 AH.

BED & BREAKFAST, 23 kms nth Grafton. Full home grown breakfast, farm animals, bird watching, walking, handy to coast, many local beauty spots. Ph: 066-447-755.

**DEADLINES: GR 77 - DECEMBER 22ND
GR 78 - FEBRUARY 23RD**

GRASS 75 ROOTS

PINE RIDGE RETREAT rest & relax at Pine Ridge Retreat, a tranquil hilltop home. Choice of supervised fasting or vegetarian meals. Pollution free environment amidst gums & gullies. Meditation, reflexology, sunbathing, bushwalking, moderate rates. Phone or write C/- PO, CAMPBELLS CREEK 3451. Ph: 054-734-455.

BED & BREAKFAST, Mackay, close to islands & rainforest ranges, good fishing, dinner avail. Friendly hosts. \$55 weekly. Ph: 079-574-777.

LIVESTOCK

GOATS - does, give away to loving homes. Phone Ruth 049-988-285.

GOATS for sale. Ph: 069-782-272.

MILKING GOATS for sale. All good milkers, all ages. Ettrickbridge Dairy Goat Stud, WAGGA. Ph: 069-213-751.

ANGORA RABBITS, grow & spin angora fibre yourself. Seven times warmer than wool. Will shear up to 1 1/2 kg per year, coloured & white. English & German avail from \$100 each. Angora Rabbit Farm, 'Gamboola', YEOVAL 2868. Ph: 068-464-039.

HANDCRAFTS

HANDSPUN PURE WOOL suitable weaving & locker hooking, to make rugs, wallhangings, etc. \$18 kg, will prepare your fleece if required. Beryl Wallace, RMB 4328, Longwarry Rd, DROUIN 3818.

POTPOURRI & SACHET SUPPLIES the Australian company with a traditional flavour. Catering to all requirements, the beginner to the chain store. We select from worldwide sources to offer you the best at the lowest prices in Australia. Economy & traditional potpourris, flowers, fragrant oils, plus a wide range of fragrant gifts, incl the most attractive, useful fragrant pot in Australia. Write for free catalogue or visit our showroom. Potpourri & Sachet Supplies, PO Box 53G, NORTH-COTE 3070. Ph: 03-482-2677. Fax 03-481-1393.

HANDMADE 100% PURE coconut oil toilet soap, no animal fat, medicated with papaya. Lathers equally well in salt water. Pack of 12 x 120 g cakes, \$16 post paid. Island Styles Ltd, PO Box 139, APIA, WESTERN SAMOA.

SPIN SILK FOR SUMMER! We have caps \$1.50, bells \$37.50, tops, noils etc. Specialist textile book supplier. Russ Siddall, Mill Hill Books, C/- PO, MONTVILLE 4560. Ph: 071-429-333.

ESSENTIAL OILS, potpourri & natural products for aromatherapy & craft work. We are the manufacturers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range incl: essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, essences, pottery, containers. Buy from us direct, small or bulk sizes, & save with our low prices. Send stamp for free catalogue to Auroma, PO Box 187, RICHMOND 3121 or call in at our shop 68 Burwood Rd, HAWTHORN 3122.

GRASSIFIEDS

HANDCRAFTS

THE BLOSSOM WORKS selling handmade natural toiletries – soaps, bath crystals, shampoos, fragrances, essential oils, incense and more. Ideal for market stalls, gift & health shops, chemists. If interested in starting own business please write to Christina Liebergreen, C/- PO, EUDLO 4554. Nambour, Qld. Ph: 071-429-402.

A GIFT for that special person. Pure mohair fleece, ideal for spinning or blending. \$30 kg plus postage, Bushgate Angora Stud, PO Box 1, BOWRAL 2576. Ph: 048-612-299 or 048-611-174 AIL.

CERAMIC OCARINAS, beautiful handmade wind instruments for all ages. Seed pod shaped with lovely carved design. Comes with instructions & 15 tunes to play. \$14.95 each (incl p & p). Prompt delivery. Send cheque or money order to Folkcrafts, 96 Cox St, PORT FAIRY 3284.

FLEECE, range of natural colours incl Moorit, from B & CSBAA reg flock of Corriedales, Polwarths & crossbreds. For price list & samples, write to PO Box 295, DRYSDALE 3222. Ph: 052-512-497 or 052-512-777.

CONTACTS

GAY WOMAN 35 seeks friendship with other gay women preferably 30's plus. I enjoy the outdoors, bushwalking, cycling & movies. I live in Nth Qld & need to mix with other women with similar interests. Write: Colleen, C/- PO Box 764, SHEPPARTON 3630.

SLIM SPIRITED sensual woman 45 into fitness fun & laughter. Likes swimming, music, nature, seeks companionable relationship, any nationality but near Melb. Ph: 03-499-6133.

DESPERATELY SEEKING AFFECTION. Two beautiful little boys & their 33 yo Mum, living country Vic, desire a man of peace, intelligence & humour aged 32-42 who is content with homelife, enjoys nature, music, gardening, loving, laughing, sharing. LB, C/- PO Box 764, SHEPPARTON 3630.

MALE mid fifties. I have no blood relatives in Australia. I would like to meet someone of a similar status. George, C/- PO Box 764, SHEPPARTON 3636.

WANTED, female gurus for two men in their early 30's seeking enlightenment under a big fig tree in the rainforest. We are into gardening, the bush, beach, smiling, poetry, photography, travelling. So, if there are any open hearts out there that might be interested in learning & sharing with us, be foolhardy & check us out. BCRT, C/- PO Box 764, SHEPPARTON 3630.

INTRODUCTIONS, soulmates, friends, understanding help. Full details, SAE, Consultus, PO Box 105, CLONCURRY 4824.

ACTIVE AUSSIE 62 yo N/S/D varied interests seeks N/S/D lady over 45 yo (perhaps with NSW coastal property in need of financial/physical help to develop or prepared to move to coastal acreage). For permanent relationship, Bob, C/- PO Box 764, SHEPPARTON 3630.

SINGLE MALE 28 years 170 cm seeks friendship view to marriage 25 to 40, children welcome. I like gardening, reading, music, outdoor activities. Please write to Kim, PO Box 253, BATEMANS BAY 2536.

ACTIVE, unclaimed single countryman, 62. Not into smoking, alcohol, drugs, religion or TV. Periodically nomadic. Interests bicycle touring (others need not share – only accept this), corresponding, reading, gardening. Seeks lively, lonely lady to pour out pages to and have inspiration from. Write please to Cornelius, C/- PO Box 764, SHEPPARTON 3630.

KATHARINA & WINIATA, long time no see. It would be nice to hear from you. Johans, C/- Ivy Cottage, HARTLEY 2790.

LADY, late 40's, healthy, enthusiastic, good-looking. Creative but practical. Prof. employed. Interests theatre, music, reading, environmental issues, homecrafts, gardening, conviviality. Travel if opportunity presents. Needs loving companionship of an intelligent, well-balanced, sensitive & communicative man with energy, practical skills & some means, interested in sharing country lifestyle with a realistic degree of self-sufficiency. Honesty, loyalty, compassion & a sense of humour important. Non-smoker, non to light drinker. NSW Tablelands, Highlands, to mid South Coast. Please write to Maggie, C/- PO Box 764, SHEPPARTON 3630.

TASSIE MAN 25, I'm quiet, honest, loyal. Enjoy country life, nature, good conversation & much more. Looking for slim, attractive lady to 26 who is honest & loyal, to share my life with. Letters from interstate most welcome. Write to David, C/- PO Box 764, SHEPPARTON 3630.

HI, ARE YOU just browsing or have you a desire to know this guy? He has all the flattering attributes we all aspire to & expects to meet the perfect lady partner. If it was all so easy! I have a strong positive outlook on life, enjoy rural living with a touch of modernism. Intellectually curious about life, etc. Physically fit, mentally alert, presentable appearance, large house for practical living, non meat eater, age 47, one could go on, if you want to know more please write. If you're a smoker or born again anything forget me. Roger Croft, PO Box 272, MILTON NSW 2538.

MALE 38, single, slim build 5 ft 10 in, tradesman seeking a slim intelligent lady single to 35 non-smoker for a perm/relationship. I own 55 ac at Serpentine WA 25 minutes from Mandurah 45 from Perth. I will be farming Cashmere goats & Dexter cattle, building a passive solar house in New Year. Interests herbs, horse riding, swimming, yoga, r/ridgebacks. Write to Ray, C/- 144 Rutland Av, CARLISLE 6101.

ARE YOU a well groomed lady born in the year of the horse (1942)? Or about that age, with a Taurus, Cancer or Scorpio sun sign or ascendant? Are you looking for a life-long relationship? Do you like cycling, camping, bushwalking, lakes, rivers, travel, music? Would you live on a small, modern farm (near

inland city, miles from the ocean)? Must be non-smoker. I am Australian male, divorced, 5 ft 9 in, fit & active, dark hair, sense of humour. Children welcome. James, PO Box 1366, COFFS HARBOUR 2450.

GENTLEMAN, warm, caring, handsome 42 yo. Seeks attractive young lady, interested in country life. Interests: bushwalking, wildlife, photography, conservation, organic gardening. Write to Wayne, 11/53 Fennell St, PARRAMATTA 2150.

LADY 46 interested in self-growth, music, gardening, bushwalking, ecology & conservation. Enjoys country life. Non-smoker 5 ft 2 in, slim, sense of humour, seeking companion 40-50 with similar interests. Ph: Maria 02-524-1905.

ARIES LADY 59, good appearance, 5 ft 5 in, 10 st N/S, no ties, prepared to live in as companion h/keeper with caring affectionate, happy natured man to assess compatibility for sharing future. I love the outdoors, am a good cook & homemaker & enjoy fishing, camping, gardening, dancing, travel. Please write to me, PO Box 822, CALOUNDRA 4551.

VICTORIAN LADY 37, attractive, slim, sensual, spiritual socialist seeks friendship with sensitive happy male with GR philosophy. Ann, C/- PO Box 764, SHEPPARTON 3630.

FILIPINO LADY 20, 5 ft 2 in, general interests, wishes to write to Aussie male, view friendship/marriage. Judilyn Triston, Purok 3, Libertad, Butuan City, Agusan del Norte, PHILIPPINES 8600.

FEMALE PARTNER WANTED by non-macho 43 yo, omnivorous non-smoker with no religion. Have daughter 8, & 4 B/R home, bush setting Moora Moora Community. Ian Campbell, PO Box 214, HEALESVILLE 3777.

GERMAN WOMAN 32, 168 cm/54 kg, practical, realist, natural, non-religious, non-smoker, vegetarian, with particular interest in classical music, literature, social issues, art & nature, would like to meet considerate & educated partner, 32-45 for companionship/friendship. No spiritual or drug fanatics please. Write Sabina, C/- 25A Kent Street, KEW 3101.

ATTRACTIVE GR COUPLE, she 35 and bi, he 28. We're building our home on 3 beautiful acres 20 mins sth of Hobart. We're seeking a bi lady to share our lifestyle and happiness. We can offer you rent free accommodation with us in return for helping in building. You could then stay with us permanently or alternatively we will help build you a cottage on our land. We desire a lady who could become part of this family sharing work and leisure. We're a genuine couple willing to give someone a break. PO Box 221, SNUG 7054.

IS THERE A SELF-RELIANT fix-it person, 40+, interested in retreat to semi-arid zone? Assist female care for 50 acres on Darling near Bourke. Not garden of Eden but both lovable, suit tradesperson, teacher, handy person, writer etc. able to earn as necessary. Interested in conservation. Write 55 Hampstead Rd, AUBURN 2144. Ph: 02-648-4989.

GRASSIFIEDS

CONTACTS

GOOD NATURED, happy 30 yr old male seeks to meet attractive happy lady for friendship, companionship with a view to raising a family and a few chooks on acres near Sydney. Currently in Sydney, weekends in country. Believes dreams come true, open to growth, enjoys a laugh and the stars at night. Hope to hear from you soon. Steve, 333 Belmont Street, ALEXANDRIA 2015.

LIBRAN/SNAKE lady, 36, slim, attractive, 1 daughter 2½ yrs old, vegetarian, spiritually aware in a quiet way. Interests include: endeavouring to look after environment, to live a GR lifestyle, to remain balanced in views, to avoid radical measures, to be gentle, strong, loving and honest. Enjoy an occasional rage, very open and broad minded. Seeks friendship with gentleman of compatible nature from any area, interstate welcome. Dhara, PO Box 229, NORTH SHORE 3214.

34 YO GUY, slim build, dark hair, 6 ft tall, presently returned to Melb to study. I am a N/S, interested in altern tech, horses & most things rural, musical taste is mostly classical incl opera, seek young lady, N/S, to same age. Write to Doug, C/- PO Box 154, BELGRAVE 3160.

GUY, QUIET, GENTLE, good looks, early thirties, genuine, would like to meet another guy, not into scene. Am part nth European, own property not large, situated Apollo Bay area. Interests: nature, wildlife, photography, gardening, bush walking, animals, reading, music. Finances good, will consider moving for similar guy with same interests, 20-35 age group or move here. Am in need of permanent companion. Must be someone out there. 'Help', C/- PO Box 764, SHEPPARTON 3630.

I AM A HAPPY 32 YO Sydney woman. Artistic, sensitive & intelligent with an open enquiring mind that encompasses life on the physical, emotional, mental & spiritual levels. I love the ocean, have a good sense of play, am a keen gardener, enjoy macrobiotic/vegan cuisine (without the rigidity), bushwalking, backgammon, eating, movies & live theatre performance and staying in bed on cold and/or rainy Sundays. The sort of man I am seeking would need to be a self motivated, indep, good natured, warm hearted, sensitive individual who is a N/S, light drinker, happy with his life, financially & emotionally stable, environmentally aware, have a good sense of humour, not be bogged down by particularly big hang-ups, be capable of taking personal responsibility, do his own ironing and be an early riser who enjoys his mornings. A very special yet completely human man with all the quirks that make each of us unique. If you feel you are such a man and are looking for an enriching and evolving relationship based on honesty and respect, please write to: Moira, C/- PO Box 764, SHEPPARTON 3630.

SINGLE INTELLIGENT MALE 30 YRS, interested in diets, correct/good food, gardening, animals. Tradesman, starting own business shortly, hopes to find country minded female soul mate/helper, but lots to offer in

return – sensitivity, GR lifestyle, emotional support etc. Lives near Tamworth. PO Box 256, WATERLOO 2017.

QUIET MAN, healthy, 67 yrs, 5 ft 8 in, 12 st, own home in country town. Interested in gardening, bowls, N/S, soc drinker, seeks lady for outings & future touring of Australia. Douglas, C/- 20 Lumsdaine Street, PICTON 2571.

FEMALE COMPANION WANTED by 31 yo craftsman in Tassie. I enjoy country life & all those jobs & joys that go with it. Being a vegetarian I garden organically & dearly wish to meet lady 33 to share it all with. Bernhard, C/- PO Box 764, SHEPPARTON 3630.

FIT INDEPENDENT early retiree, divorced but unscarred, enjoys bush, beach, campervan touring, sailing, classical music, good food, conversation, seeks relaxed intelligent non-materialistic 40-50 yo compatible single-again lady to share simple pleasures. Reply Colin Burt, Craignish Rd, MS 347, PIALBA 4655.

MAN 45, HEALTHY 5 ft 11 in, 11 st, N/S, drinker, sensitive, quiet, peaceful. Enjoys keeping fit, music, dogs & working. Interested in GR self-suff, gardening, philosophy, vipasana meditation. Living in an energy efficient solar home, on a bush property near a small town in western Vic. Looking for a relationship with a secure, strong minded, independent, woman 30+ with an interest in Buddhism & with skills in tune to survival in the country. Write Peter S, C/- PO Box 764, SHEPPARTON 3630.

ACTIVE LADY, enjoys life, romantic, sentimentalist, natural people, seeks correspondence/friendship from sincere, energetic, monogamous, caring, N/S guy, 37-45. Barb, C/- PO Box 764, SHEPPARTON 3630.

YOUNG GUY, 25, travelling around Oz commencing Feb, looking for like-minded creative & easygoing nature-lovers along the way who'd be interested in communication & friendship & showing me those special places away from the tourist beat. I'm a relaxed earthy, open-minded person, gregarious, adventurous, philosophical, practical, creative, funloving, bi-sexual with gentle & honest nature. Interests incl photography, writing, painting, native plants, hiking, self-suff, self-devt, nearly anything. I'm fit & healthy, have indiv good looks, don't mind occas drink or smoke, or hard work, & am respectful of others' views & wishes. No expectations of relationship, friendship comes first. ALA, Pete D, C/- PO Box 764, SHEPPARTON 3630.

INDEPENDENT MINDED LADY 38, living FN Qld, 4 yo daughter, would love to meet the man who would love to meet me. He is honest, happy, intelligent, N/S, likes children, animals, lives healthy lifestyle & has sense of fun. Christie, C/- PO Box 764, SHEPPARTON 3630.

GOOD LOOKING COUNTRY GIRL living on parents' sheep farm to correspond with outgoing, nature loving guy. A single penfriend only betw 34-39. Elizabeth Stampfli, Bernina, CAPETEE 2846.

INDEPENDENT, financially secure, attractive lady, 34 yo, 55 kg, 162 cm is looking for friends, especially Cancerian, Taurean, Virgo, Scorpio, Pisces and Capricorn. My interests: good friends, taking care of my body, keeping fit & healthy – excludes smoking, alcohol & drugs. I'm interested in self-suff, gardening, farming, country living, rural & bush retreats, conservation, bushwalking, the beach & homelife. Plus most music, meditation, psychology, altern medicine, massage & experiencing joy, ecstasy & the sheer excitement of living. I'm into reading, computers, business, travelling & learning new things especially about myself. I would love to learn self defence, aromatherapy, to sail, windsurf well, surf, play tennis, skin dive, ballroom dance & to stay high using the power of my mind. If interested reply: Glenda, PO Box 1209, BUNBURY 6230.

45 YO GENTLEMAN, loving, loyal, honest, spiritual christian, communicator, alt health/fitness, 5 ft 10 in (178 cm) tall, 70 kg slim, romantic, N/smoker/drinker, no drugs, intellectual, ABC-TV, music, massage, American born clerk, 3 B/R house on 5 ac. Lady must be experienced in & committed to rural self-suff, willing worker, unattached, very communicative, deep thinker, quiet living, feminine, no debts nor dependent kids. Pref natural blonde, blue-eyed, sensual soulmate, political activist. Tas & interstate replies welcome. Randolph, RSD 9, MYALLA 7321. Ph: 004-451-278 weekends, 004-522-388 weekdays after 6 p.m.

FARMER 31, vegetarian, N/S, altern minded, seeks perm rel/ship with likeminded lady. I am straightforward, open & honest, living fairly isolated & simply. Likes: farming, working with draughthorses, blacksmithing, general tidiness, not money orientated. Please write to Martin Klussendorf, LORINNA 7306.

CAPRICORN WOMAN, young 44 yrs, slim, reasonably attractive, vegetarian, N/smoker/drinker. My interests incl healthy living, organic gardening, altern healing, beach walks & swimming. I am not a hippy & am seeking a compatible man who is genuine, caring, sensual, financial & down to earth, pref Capricorn, Taurus, Cancer or Scorpio & aged betw 37-45. Contact Delice Rask, C/- PO, NAMBOUR 4560.

GRAHAM, YOUNG, SINGLE, healthy, N/S, no drugs, tall nice dark hair, handsome, appealing, seeks lady 18-37+, outgoing, possibly to live with someone in country, anywhere, like children, homeloving, romantic, very loving, comforting, humorous, friendly, constructive, renovator, carpentry, mechanical, farm-garden, interesting, fulfilling, satisfying, adventurous. PO Box 374, PASCOE VALE SOUTH 3044.

SENSITIVE, ATTRACTIVE, musically inclined young male living communal lifestyle interested in relationship with strong person 25 or younger. Adrian, C/- Lot 45, Firth Heinze Rd, PILLAR VALLEY 2462.

**DEADLINES: GR 77 – DECEMBER 22ND
GR 78 – FEBRUARY 23RD**

CONTACTS

SIYY, EXPRESSIVE, YOUNG mother without drug habits seeks relationship with person younger than 25 interested in community lifestyle. Nadenna, Lot 45, Firth Heinz Rd, via ULMARRA 2462.

GUY 34 seeking correspondence with sincere, easygoing pantheist, view stable, harmonious, loving family creation on organically oriented orchard. Write Richard PO Box 182, KUR-ANDA 4872.

QUIET LIVING, easygoing, single male, N/smoker/drinker, 58, young at heart with laidback lifestyle. Loves nature, animals, outdoors. Seeks a real mate. Must be placid, feminine, female, affectionate, caring, natural, free, open-minded. David, C/- PO, TERMIEL 2539.

ARTIST wishing to contact knowledgeable folk in nth NSW about the early days & the Big Scrub. Please phone Hope Dutton 07-343-6785 or write PO Box 366, UPPER MT GRAVATT 4122.

OUTDOORS, NATURE oriented lady, div, 47, young, fit, healthy, is looking for an alternative to her office job/city living, not necessarily total self-suff on land, perhaps semi-altern lifestyle would be more realistic, achievable goal. I would like as well to develop a loving, caring & enduring relationship. I seek trustworthy, intelligent man with a sense of outdoor adventure, N/S, non religious, no ties, someone who leads active, non-city life or is determined to do so in the near future. Please be honest. Write to Qld Lady, C/- PO Box 764, SHEPPARTON 3630.

GUY 35, Scorpio, fit, attractive with 1 daughter (11), live on 5 ac bush in Vic. Interests motorcycling, music, the universe & peace. Seek attractive GR lady. Write or phone David, Lot 2, Berringa Rd, RMB 632, DEREEL 3352. Ph: 053-461-364.

DEADLINES: GR 77 – DECEMBER 22ND
GR 78 – FEBRUARY 23RD

HI, I'M A 52 YO Aussie battler, Piscean, 5 ft 6 in, 12 st, fit, presentable, no ties or hang ups, social drinker, light on hair but not humour, quiet caring nature, own home, 27 ac mid nth coast NSW. Into nature/outdoors, swimming, fishing, reading, bushwalking, animal lover particularly horses. Not into drugs, drunks, religion, politics or greedy materialistic people. Seeking perm rel/ship with reasonably slim lady under 45 yo without dependent children. Brian, C/- PO, WILLA-WARRIN 2440.

MISS SUNDARI BAI, Mirzalguda, Malkajgiri, Hyderabad, Andhra Pradesh, India. 25 yo, unmarried girl wants contact with gents, ladies 26-80 years. Hobbies: reading magazines, singing songs, mountain walking. **SINGLE MALE 26**, would like to contact an attractive, slim, honest female, 18-27, intelligent, romantic, down to earth, feminine, from any area, to share the future with. I'm 6 ft, slim, brown hair, blue eyes, friendly nature, enjoy beach, waterskiing, horseriding, outdoors & nature, nights out & country living. Have many interests & plans, but need you to make them complete. Don't hesitate, write **Gregory S, C/- 79 Edinborough Dve, TAREE 2430**.

SKIPPER 49, experienced cruiser on small yacht, coastal cruising in N Qld. Likes mature, fit lady to share the beauty of the greatest cruising grounds anywhere. Bushwalking, 100s of islands, lonely beaches, waterfalls in the rainforest I would like to share with a down to earth woman. I am non smoker, no drugs, like a port at sunset with music to match. All replies answered. Write to Hermann, C/- PO Box 764, SHEPPARTON 3630.

RECIPE for a utopian existence: a 14 ac. property with a 4 B/R house, pine ceilings, sweeping verandah, elevated position; 2 dogs, 1 cat; clean air, industrial noise free; a 28 yo Englishman having been in Australia 20 yrs. Health & environmentally aware, non religious, socialist, free thinker. Interests: nature, music, children, ABC radio, film, outdoors, knowledge. Just 1 ingredient missing: a slim free thinking, N/S lady, young child welcome (any nationality), to share the above recipe. RMB 9874. ALBANY 6330.

GENT like to meet attractive, intelligent, educated lady, 20's to 30's. Reply Asher, C/PO Box 764, SHEPPARTON 3630.

LATE GRASSIFIEDS

ENVIRONMENTALLY SAFE – cotton string shopping bags, to avoid using plastic bags. 1 bag sells for \$5.00 + \$1.50 postage, 3 bags \$14.00 + \$2.00 postage. Kerri Barnett, PO Box 863, BOWRAL 2576.

FOR SALE 2 B/R fibro cottage opposite nature reserve at Coonabarabran, NSW. \$40,000. Ph: 063-421-763.

FOR SALE DONKEYS - three 'Jennies'. \$150 ea. Situated Coonabarabran. Ph: 063-421-763.

BELLS MADE TO ORDER. Suit any animal.
Camel saddle frames or saddles & fittings.
Enquiries SAE please. W. Davies,
PARACHILNA 5733.

WANTED Family of 4 wanting 3 B/R house to rent on acreage or in town around Lismore, Nimbin, Byron etc from Jan 90. Ph: 03-789-5837.

WANTED Looking for a long lease or to buy a share. Funds limited but determination, enthusiasm and sincerity aplenty. Preferably Tas but would like to hear from anywhere. Ph Barbara 064-940-176.

[illegible]

Feedback Link-Up Feedback

Dear Grass Roots,

Persistent insecticides are widely used in Australia to prevent TERMITE ATTACKS on houses. Their use is compulsory in some places. These chemicals are harmful to human health, penetrate the air space of the house even if applied in accordance with the Australian Standards, and cause long-standing environmental damage. What is worse, it seems that they are not even effective as a permanent preventive measure. I have been told of several cases where a house was treated one or more times, yet suffered a subsequent termite attack. I intend to campaign for the banning of these persistent pesticides, and for their replacement with techniques which are at least as effective, but not harmful to human health or the environment. Such techniques exist.

I need evidence to support my case, and hope that some of your readers can help me. What I am looking for is actual cases where the subfloor or underslab space was poisoned with aldrin, heptachlor or chlordane (one of the cyclodiene pesticides) or chlorpyrifos or permethrin (organophosphorus pesticides) – and yet, some time later, termites got in. As many as possible of the following items of information would be appreciated: name of owner/occupier; address of premises; type of structure (e.g. detached private dwelling); number of times house was treated; for each treatment name of licensed pest control operator or company, date of treatment, and chemical used (if known); date termite infestation was discovered; and action taken to get rid of termites. Please send me this information as soon as possible. The authorities are hard to convince on health or environmental grounds, but they can't ignore a stack of cases where the stuff has failed. Yours in peace.

Dr Robert Rich
PO Box 214
HEALESVILLE 3777.

Dear Grass Roots,

This is my first letter to you, although I have been a reader of this great magazine for 5 years – very helpful on all subjects. I'm hoping a reader can solve my problem. I have been taking odourless GARLIC tablets for a few years now which keep the colds away etc. but if I dare have a slice of garlic bread I'm ill for two days. I have tried this a few times to be sure and it definitely doesn't agree with me. Would appreciate if anyone can help me on the matter.

Christine Hilton
120 Wylie Road
Papatoetoe
AUCKLAND NZ.

Dear Grass Roots,

I'm writing to you about a letter in one of your recent magazines regarding the GERMINATION OF CAROB SEEDS. Having had previous successes I will outline my process.

Firstly and most important is that the moon phase has to be the beginning of a new moon. Next I drop the seeds into a glass half full of boiling hot water and wrap in a towel, this is left over night. The next day remove the seeds that have swollen and return the rest to the jar and add boiling water again to repeat process. With the swollen seeds put them into a cloth soaked in a fungicidal solution, just damp and put this into a plastic container and into a warm place to allow the seeds to germinate. When the seeds start shooting place into deep long pots as the tap root needs room to grow and cover with half an inch of sand. Keep the sand moist with a spray of more fungicidal solution. Within a week you should see them coming through.

Another reason for writing was the success I had using swedes to attract white butterflies away from brassica crops. The caterpillars, favouring the swede tops, still allow you to eat the bottoms. Happy gardening.

Paul Smith
C/- PO
BENCUBBIN 6477.

Dear Friends,

Thanks to your magazine for helping me discover an alternative lifestyle, I was lured here 2 years ago and instinctively found myself back to the simple life renting 10 acres on a community farm 8 km from the colourful village of Nimbin, Nth NSW. I love the area with

its green lush hills and rainforests scattered with hidden farms and communities. I'm enjoying the smiles and hugs from my New Age friends, eating organic vegies and drinking herbal teas from my own garden. I'm 45 and I'm alone so have plenty of time for yoga and creativity in constant peace and quiet.

I'm an Aquarian so it won't surprise you to hear I'm leaving and HEADING FOR STH WA to be closer to my family. I would like to continue my current lifestyle, so I'm seeking advice on the chances of finding a space for me in that area, a community or acreage for rent where I can build my own shack. Please write also if you are interested in living in this area.

Skye Summers
PO Box 3
NIMBIN 2480.

Dear Grass Roots,

I'm a new reader to your great magazine. I'm only sorry I haven't come across it sooner. My husband's firm closed down and made quite a few men redundant, so we decided to sell our house at Port Kembla while the price was right and buy some land where we could move and enjoy country living. We found our little bit of paradise outside of Mudgee with five dams and a running stream with an orchard and garden and a three bedroom house with electricity and phone. We have been out on our farm for two months now, loving every minute and pleased with ourselves for making the move. It's a lot of hard work but very rewarding and time means nothing but whatever we do is improvement to the place. It's great to breathe fresh air instead of pollution, and noise – we listen to birds instead of traffic.

Can anybody tell me how to get rid of STINGING NETTLES out of my garden? I seem to grow more of them than vegies. Well hoping to hear from lots of other GR people in the near future. Good luck, health and happiness to all.

Barbara Pringle
Casuarina
Lot 9 Duridgerie Rd
TURILL 2850.

Dear Readers,

Could anyone help with information on NUT TREES? We want to grow every kind of nut. Our soil is fairly sandy, although some areas are clay. The land is frost-free and chemical-free. All replies appreciated and answered. Best wishes to all.

Sandy Parker
C/- PO
KYOGL 2474.

A good basic guide is 'Growing Nuts in Australia', by Anthony Allen, available for \$20.50 posted from Night Owl Publishers, PO Box 764, Shepparton 3630.

Dear Megg, Kath & GR Readers,

My husband and I are so very happy to have found *Grass Roots* – it's a real wealth of information and the best thing is the 'true caring' which comes through. It's like a friend coming to visit, making one feel happy, and it's there; something to look forward to, whereas other magazines are great to look at and probably discard! *Grass Roots* stays by the fire on the table, to keep referring and going back to.

Does anyone know of a competent craftsperson who would be able to make me a single and double CROCHET/KNITTED multi coloured rug and also a patchwork in both double and single? We lost most of our possessions in a fire a few years ago and all the above were lost. Thank God we, our five children and cats, dogs and bird all got out unscathed but as I am not a knitter/crocheter or needlewoman I can't replace the quilts my dear mother (now passed on) made me. If any readers would be kind enough to drop me a line I will respond to all letters.

I love to respond to readers and writers with anything I can contribute and as such am gradually making so many GR friends. I bought 50 stamps a couple of weeks ago and have exhausted them. All the best.

Phyl Cripps
60 Denmark St
KEW 3101.

Feedback Link-Up Feedback

Dear Grass Roots,

I have been trying to establish a vegetable garden, but have a problem of VERY CLAYEY SOIL. We have not long moved onto our long awaited 5 acres, and although I have started a compost heap, and have applied poultry and cow manure, ashes, clippings, even a bale of lucerne to the proposed garden area, I've still got a long way to go. I'm hoping someone can give me some information on the use of SEAWEED as a mulch. I know you can use it as a liquid application for vegetables after soaking in water for several weeks. My main concern is the salt content when used as a mulch. Can anyone please provide me with information on the advantages/disadvantages of using seaweed? I would welcome any suggestions to the clay problem as I walk away with more on my shoes than left in the garden bed at the moment. Thanks for such a great magazine – a friend with many voices, which gives one a truly warm feeling.

**Sharon Fennessy
52 Hargreaves Rd
MANLY WEST 4179.**

Dear Megg & the Gang of Goodness Knows How Many,

In answer to Francoise's letter in issue No. 72: what's this 'Let's get above the I've got 4 chooks, 3 ducks and a sore toe'? That is what *Grass Roots* is all about. It's not a platform for the tub-thumpers, or the cynical ratbags who want to use the 'save the forests', 'save the kangaroo', 'land rights for gay whales' syndrome to give themselves a leg up into some obscure government department on a massive salary and a bigger slice of the handouts. It is to bring together the people, the real grass roots, who do have 4 chooks, 3 ducks and a sore toe, so they can SWAP EXPERIENCES and advice. They are mostly natural greenies anyway. The day *Grass Roots* becomes a forum for professional tub-thumpers is the day I'll cease buying it.

**Ken Cooper
The Garlic Patch
RYDAL 2790.**

Dear Friends,

In GR 72 I asked for help with the disease TEMPORAL ARTERITIS. I promised to answer every reply, but had so many letters I could not answer every one. I want you to know what a blessing it was to realise that people still care in this world. Physically, I feel a lot better too. As of course some time has passed since I wrote to *Grass Roots*, I now am nearly a vegetarian, no salt, no sugar, no fats, lots of vitamins and minerals. I am now stabilised on 5 mg prednisolone. Anyone with pain in joints or muscles, please go off sugar. That is your biggest enemy. Again I thank you for your loving care and concern. May God bless you.

**Helena Groenevelt
27 Thomas Street
IPSWICH 4305.**

Dear Grass Roots,

My it's a wet wet morning here at Scarborough but with Macka on Sunday ('Australia All Over') tuned on my dial and writing to *Grass Roots* what does one care about the weather.

I'm tickled to pieces having been fortunate to receive letters from other readers – all sound charming and all letters have been answered. I thank you for your time. I'm still seeking somewhere I can grow my herbs, own a dog or cat and whatever else the ground could offer. April *Grass Roots* is so full of magic interesting letters. A special bouquet to Trish and Ian on their house building project – I feel as if I built it with you and I'm so glad you too are bower birds. 'Starching of Linen' was nostalgic but ugh, hard work. I had almost lost faith in human nature but now being part of the GR family again I know the choicest people are fellow readers and participants, many examples coming straight from editors – thank you.

Do keep *Grass Roots* informed in what you're about, let us enjoy your happiness and your gloom, for surely another reader will answer and make the sun shine upon you.

**Joy Court
PO Box 639
REDCLIFFE 4020.**

Dear Grassroots Readers,

In response to the query in GR 72 about IMMUNISATIONS: most people who are actively parenting now are lucky enough not to have experienced the epidemics of the common childhood infectious diseases nor to have experienced directly the severe complications of many of these infections. This is in some part due to the rise in our standard of living, and also to immunisations. In order to maintain this situation we must maintain the level of immunisation of children. Immunisation works by exposing the body's immune system to the infectious agent so that it naturally learns to recognise and respond to that infection, so if it meets the real disease it will rapidly deal with it. There are no other ways of making immunity against disease. Healthy living, meditation, yoga can all help potentiate the immune system so it acts better, but they do not make immunity. Therefore it is important that parents continue to have their children immunised.

**Peter Tait
PO Bx 3903
ALICE SPRINGS 0871.**

Dear All,

I was just thinking that there are always lots of letters in *Grass Roots* from everywhere except WA when I realised that if they, like us, didn't write very often no one would ever know who or where people were. So I decided to give it a go to see what happened.

First, a bit about us. I and my two daughters remaining at home (Kerry, 12 and Kate, 10) had been living on 5 very rugged acres in the hills near Perth for nearly ten years, until last spring when we moved, mainly because we wanted more land but also because although I work full time in town, nearly half would go in the mortgage. What little spare time we have tends to be spent with our much loved and hard worked horses, so we've not done much by way of being self-sufficient. But we get mainly organic milk, fruit, meat, fish and vegies from friends who are.

Anyway, to cut a long story short, I'd been planning on staying put till the children were older, then working part-time and moving further out and living more off the land. But last year we suddenly got a very good offer on our house which enabled us to buy 70 acres nearby, mainly cleared, but with some beautiful jarrah forest, good water and summer grazing, surrounded by state forest, but still only four kilometres from the local school. We couldn't afford the whole block without an even bigger mortgage, so some friends came in on the deal and we made a partnership agreement leaving us 40 acres, clear of finance but with nowhere to live. But another friend stepped in (yes, people are wonderful round here) and has lent us a large old railway carriage on her farm for the while. It seems very odd to us just how few people will buy land without a separate title. I was offering 30 acres with water and trees in the forest for the price of a bare and waterless 5 acre block in a subdivision.

So that's where we're at just for now, but I've got three months off work so we're planning to build a RAMMED EARTH COTTAGE without getting into debt again. I've built before (but not in earth), so we'd like to meet people and to learn more about it or just to share living more in harmony with nature. We're interested in seeing how and what others are doing both building and grassroots wise, and would be pleased to show anyone what we're up to. We'll need some help and lots of encouragement, and it might suit someone (yes, we're an Equal Opportunities Employer!) who's travelling or is between jobs.

The other reason for writing was to pass on a tip and make a suggestion: I mentioned to a pensioner friend that we'd not had much success GROWING CAROBS FROM BEANS before. 'Put 'em through a cow and plant 'em where you want 'em,' he said. 'Don't bury 'em, just barely cover 'em or leave them on top and then don't try to move 'em.' So rather doubtfully we fed our precious bean pods to a friend's very appreciative cow, almost abandoning hope when nothing had happened after nearly a week. Then the beans came through by the dozen and swollen to nearly double the size. Result, about 80 percent germination and over 200 carobs going in all over the district now.

**David, Kerry & Katie Tripp
C/- PO
JARRAHDALE 6203.**

Feedback Link-Up Feedback

Dear Grass Roots.

I look forward to each new issue, it is one of the better publications available. It is a very refreshing read, like a glass of cool water on a hot day.

My name is Jenny, I'm in my mid 20's and I'd love to hear from anyone who has a spare minute to write. I live and work in a rural city. The job I enjoy very much; the city – no comment. My job keeps me here. One day I hope to move away, but at present the TAFE college is handy and good fun too. One of my biggest pleasures in recent years was passing a course that physically was no use to me at all but mentally was fantastic.

I really enjoyed Pauline Ranscombe's article 'Keeping Animals is an Entertainment Hazard' (GR 73). She has a grand sense of humour, though I suppose that Nancy, mentioned in the article, disagrees with me.

Along with another member of my family, I'm looking to buy a house and land for my parents, both retired. My father is in his early 80's and my mother is working herself into the ground, creating a beautiful garden for a house they only rent, and will never be able to buy. They are honest, sincere and friendly people, even to their animals meant for the pot. (How do you chop the head off a rooster who follows you round like a baby, and pecks your toes when you wiggle them?)

I have a request too, for information on RECYCLING small amounts of PAPER. How is it done, and what type of paper can I use?

The water that comes out of the taps in my flat is unfit for drinking, due to the chlorine, I think. I have heard of a certain type of stone that can be added to the drinking vessel, to take this away. Does anyone know of these stones? Do they work? Luck to you all.

Jenny D
C/- 48B Roy St
WANGARATTA 3677.

Dear Megg, David & GR Readers,

Keep up the good work. I love *Grass Roots* and have learned much from the many letters and excellent articles. To all the GR addicts in my area you're most welcome to drop in for a cup or two and a chat. To John C Duffy of Bega (GR 62) I'd love to hear from you as I am very interested in your ECOPONICS system.

We have 100 acres in NSW but are unable to farm it. It seems a pity to have it idle so would love to hear from anyone interested in natural alternative farming methods who would like to help farm it in return for a place to stay and share of the returns. As there is power, water and phone available spartan living is not required and to those willing to work the land can be bountiful. Your own caravan would help but is not essential.

Can anyone supply me with live specimens of native CANNIBAL SNAIL and/or leopard slugs?

Looking forward to hearing from you all.

Connie
11 Reservoir St
EDEN 2551.
Ph: 064-962-092.

Hi All Grassroots People,

Myself and my wife and baby Darryll decided after many hours of thought and talking to move to the country. We bought an old miner's cottage out of town which is one hundred and three years old. We are doing a lot of repairs to the house but we are finally seeing the rewards of many hours of hard work which has been a real pleasure for both of us. We have met some lovely people out here, so friendly and always willing to help with work around the house and give us support when we first got here. I'd like to thank all the folk who helped us to make the decision to leave the city life and get back to nature. It's so peaceful out here where we can really get a more meaningful purpose and spiritual life together. So all readers who are thinking of moving to a place that's quiet and so peaceful we recommend it.

Now I would like to ask if any GR folk have any information on CAROB TREES they are growing, the problems which can arise with them and how successful they have been with the trees. We have twenty six trees so far which are three inches high. We would also like some help on citrus trees for the pests that attack them, we don't want to use chemicals which do so much harm to the place.

Our aim is to live a simple life without all the trappings of modern life. Our creator who led us here knew the meaningful relationship of humans and a divine God. Our conscience of right and wrong and good and evil, the way we live is what we are, the way we look after our bodies and what we eat, our relationship to other folk around us and positive thinking. That is what we think our life is meant to be, peace with one another.

We would like to thank all *Grass Roots* readers for all the wonderful information in the magazine which has been so helpful to us. One more thing, if there are GR people near us, we would love to hear from you. So peace love and good health to all.

Margaret, Derrick & Darryll Shanks
PO Box 368
WELLINGTON 2820.

Dear Grass Rooters,

What a great magazine we have here. I'm sure there are lots of people who would like to meet other readers to swap/share ideas, experiences, help, labour or love etc. Myself, my goal is to make the break when I am financial. I am a single male (50 going on 30) at present city bound because of work. Anyway the point of this letter is to have A GET TOGETHER either as a one off job or monthly. It all depends on the response to this letter and whether it is successful or not. Here are my ideas and suggestions. On the first Sunday (or Saturday) in the month (people on replying to indicate preference) we could hold a picnic barbeque roughly 50-75 kms radius of Brisbane. Some GR's could perhaps share transport or pick up others on way, share fuel costs etc. Replies should indicate whether they need or are willing to give lifts. We could have a trading table where people could bring and buy/swap honey, eggs and organic produce. Name tags showing suburb or town might help people make contact. If there was enough interest (and a reasonable balance of the sexes) perhaps we could stage a dance at some venue, with lots of ladies invitations and a progressive barn dance to get everyone out on the floor. Does anyone know of a possible venue, with cost of hall and DJ? Since some people might be living in primitive conditions during building we would make it a very informal affair. I'd appreciate any other suggestions or ideas from readers.

It would also be a great opportunity for those who are self-sufficient and/or have built or are building their own home with stone, mudbrick or logs who need help or are willing to give help or share experiences. Anyone, individuals or groups would be welcome – a terrific chance to discuss the pros and cons of communes or communities. My only experience of the latter has been 4 months on a kibbutz in Israel.

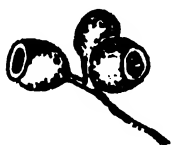
I feel a lot more people could and would (myself included) make the break easier and earlier if they had some one to do it with, both for the moral support they can give to each other and for the loneliness factor. God knows it is bad enough going home to an empty flat after working with people all day long. The prospects of going home to an empty house out in the sticks is less appealing and rather offputting and I'd be willing to bet a lot of readers are in the same predicament. I'm ready to organise a get together (any helpers?) probably the first weekend after this magazine comes out. I can only reply to those who send a SSAE plus 20 cent stamp for photocopying replies.

Gil Davison
3/46 Attewell St
NUNDAH 4012.

Dear GR,

We strongly hold in the beliefs of the GR lifestyle, but as we still live in suburbia and as yet are not able to move into our little farm, we do the most we can to reduce our impact on the environment. We ride our bikes most of the time and have successfully built our own solar hot water system. We are now looking into a SOLAR COOKER and SOLAR LIGHTING. Plans for these from anyone who has tried these sources would be greatly welcomed. The world would be a better place if people thought of conservation instead of exploitation. Keep up the good work and thanks for a great magazine.

Cheryl Tonkin
PO Box 857
CAIRNS 4870.



gumnut gossip



by Megg Miller

Although it's only early November we are flat chat putting the finishing touches to this our last issue for the year. Because it's the December issue we endeavour to include a few articles that focus on simple gift making and giving for Christmas, but have you ever tried to feel Christmasy, really Christmasy in November? It's almost been Kath's and my undoing but somehow we've managed to soldier on and find just enough enthusiasm, together with appropriate sketches of sprigs of holly and glittery stars. While we've been humming 'Deck the Halls' and tackling the many production tasks, Kath and Kerry have had the additional stress of having young people preparing to sit for the final year Higher School Certificate. It's something that affects the whole family as so much hinges on those few hours of examination. Although results are not available until mid January we hope it won't dampen the festive season for them nor spoil their Christmans dinner.

Around this time each year we make reference to our end of year office activity, the Trivia Night celebrations. This evening is a deeply entrenched part of our office culture and provides us all with the rare opportunity to display wit, talent and ego. In between the wining and dining are presentations of awards – the acknowledgement by each other of our obvious, individualistic and sometimes irritating mannerisms. It's been fun this year seeing the looks of horror flit across the faces of our new staff as they've listened to our embroidered tales of former Trivia Nights and tried to picture themselves singing or dancing in bizarre clothing. We've settled for a quiet theme this year, an 'evening of glitter' and one can well imagine recalcitrant spouses allowing themselves to be sprinkled with sparkle. There have been murmurs about presentations and awards, and some good hearted threatening but even I wouldn't be game to leak these jealously guarded secrets to you, we'll have to wait until next issue for the details.

We recently had the honour of a visit from one of our authors, Pat Coleby, whose energy and appetite for life are a recommendation for eating healthily and working hard. Pat has lived an adventurous life in two countries now, has moved and re-established her goat stud (and livelihood) several times and can shovel out sheds or put up fences with the best of them. She's also taken up the challenge of learning computer technology to make writing and editing her numerous projects easier. Having been one of the early advocates of organic farming and battled against entrenched attitudes for many years, it must be pleasing for her to see the accelerated awareness of the need for chemical free farming methods that is now occurring so quickly. Without people like Pat these changes would have taken place much more slowly.

With the end of the year in sight we've been trying to see that we've included all the current feedback in this issue but alas, our files are still bulging at the seams. We do find from time to time that your input is greater than our published output, and then the red biro has to come out. We hate having to drastically reduce the length of letters sometimes as it's so easy to cut out an important point but it is essential if everyone is to have a turn. So please, if you are writing a letter make it brief and concise and keep it short. And if your request is urgent or could be covered by an appropriate section in the Grassifieds, please consider a small advert as we can't always promise to fit your letter into the requested issue.

One of the challenges for businesses involved with mail order is keeping abreast of the changes in postal rates. When the postage for a letter goes up there is such an outcry that everyone knows about it, but when parcel rates alter little is said because people

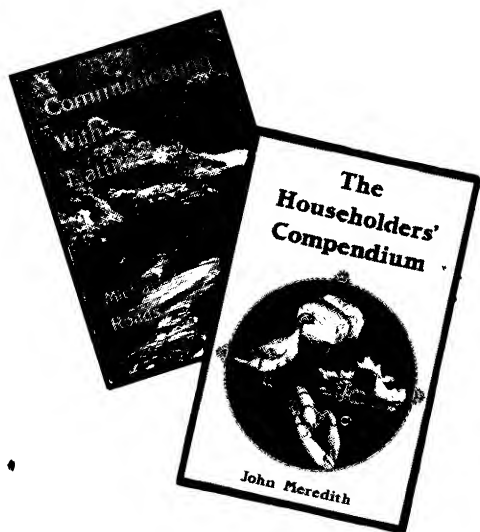
only use this service intermittently. When we looked at the post and packaging we've been charging for our books we were horrified to find it grossly out of date. A book like *Australian Goat Husbandry* costs about \$1.10 to send out and a heavier one, as in *Growing Nuts in Australia* between \$1.65 and \$2.10 depending where it is going, and at the moment we're allowing 50 cents to cover this! We'll be tackling this problem in the forthcoming weeks and will publish the altered rates in our February issue but meanwhile, if you've been thinking of buying a couple of titles, act soon and take advantage of our lower rates. They're not going to last!

We've all enjoyed the positive feedback that has come in about our 'mug shot' last issue and think that in future we'll try and include a photo once per year. We set out to do this in the 50th issue but the gremlins were at work and our carefully posed shots were obliterated during processing, then we thought about it for the 70th issue but it wasn't to be. Telephone callers seem happier now that they can put a face to the voice. 'Oh, I know which one you are' they say, and we hope it makes letters a little more personal as well.

While speaking of phone calls, we've become aware that many people have forgotten or missed the fact that we generally work a three day week – Wednesday to Friday. Folk ring on Monday and again on Tuesday and upon finding no answer berate Telecom for their inadequacies. On occasion either David or I are in on these days and literally run from phone to phone which is not satisfactory for anyone, and there have been a few times I've dashed in complete with turkey under my arm and found the call entailed copious note-taking – no mean feat at all! Please, if you do need to ring us try and remember the work days and should you phone early in the week you may miss out. Pity I can't train a few turkeys for the job isn't it!

During the time I've been writing Gumnut Gossip – over a decade now – I cannot recall another year ending on as promising a note as 1989. For the first time ever the general public are concerned about the Greenhouse Effect and want to minimise their contribution to it. It is the first time, too, that politicians have recognised the importance of environmental issues, acknowledging that they may well be the deciding factor in future elections. It's a new experience for many of us to suddenly find our thinking acceptable and in tune with 'mainstream' thought. Our years as so-called extremists (hippies, greenies, or whatever) have provided us with knowledge and experience and placed us in a position to contribute and help guide those eager to learn about recycling, organics or living in tune with the earth. I sometimes wonder if I am not being a trifle presumptuous or evangelical about encouraging you all to work for a better world, but I do believe it is the responsibility of each of us to do the best we can and whilst doing so, to set an example for others. Most of us don't live our lifestyles with a view to social change, yet we are all examples of what we believe in, and that is a healthier, happier world for ourselves and for generations to come. Simplistic? Yes! And achievable? The odds are more heavily stacked in our favour than ever before and I'm sure we will all be giving it our best shot. It won't be hard work or difficult either creating a harmonious life that includes integrity, a sense of peace, safe gardening and farming practices, and care of the wider community and environment. This is a lifestyle that is rich in pleasures. May your Christmas be joyous and the New Year, the first in this decade, see you reaping the rewards for those years of dedication and foresight.





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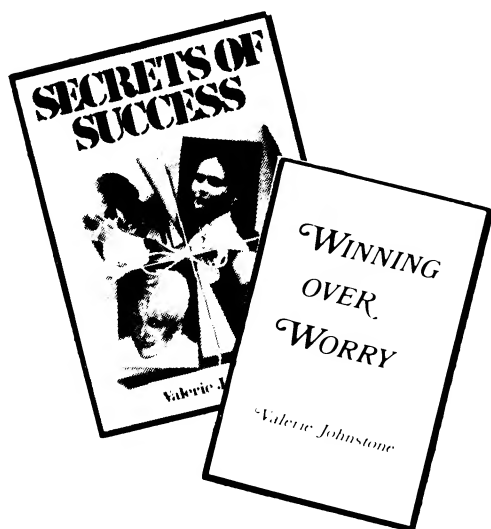
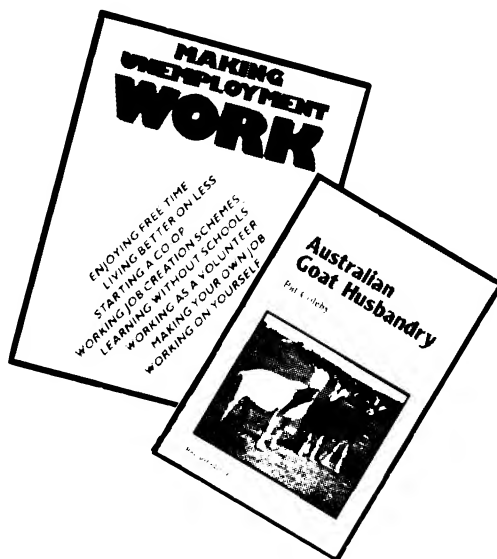
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